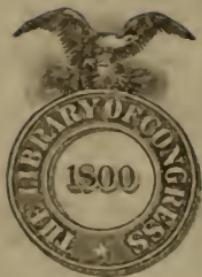


RM 219  
.S9  
Copy 1

# SCIENTIFIC COOKING FOR HEALTH



BY  
SWIGG



Class R M 219

Book S 9

Copyright No. \_\_\_\_\_

COPYRIGHT DEPOSED



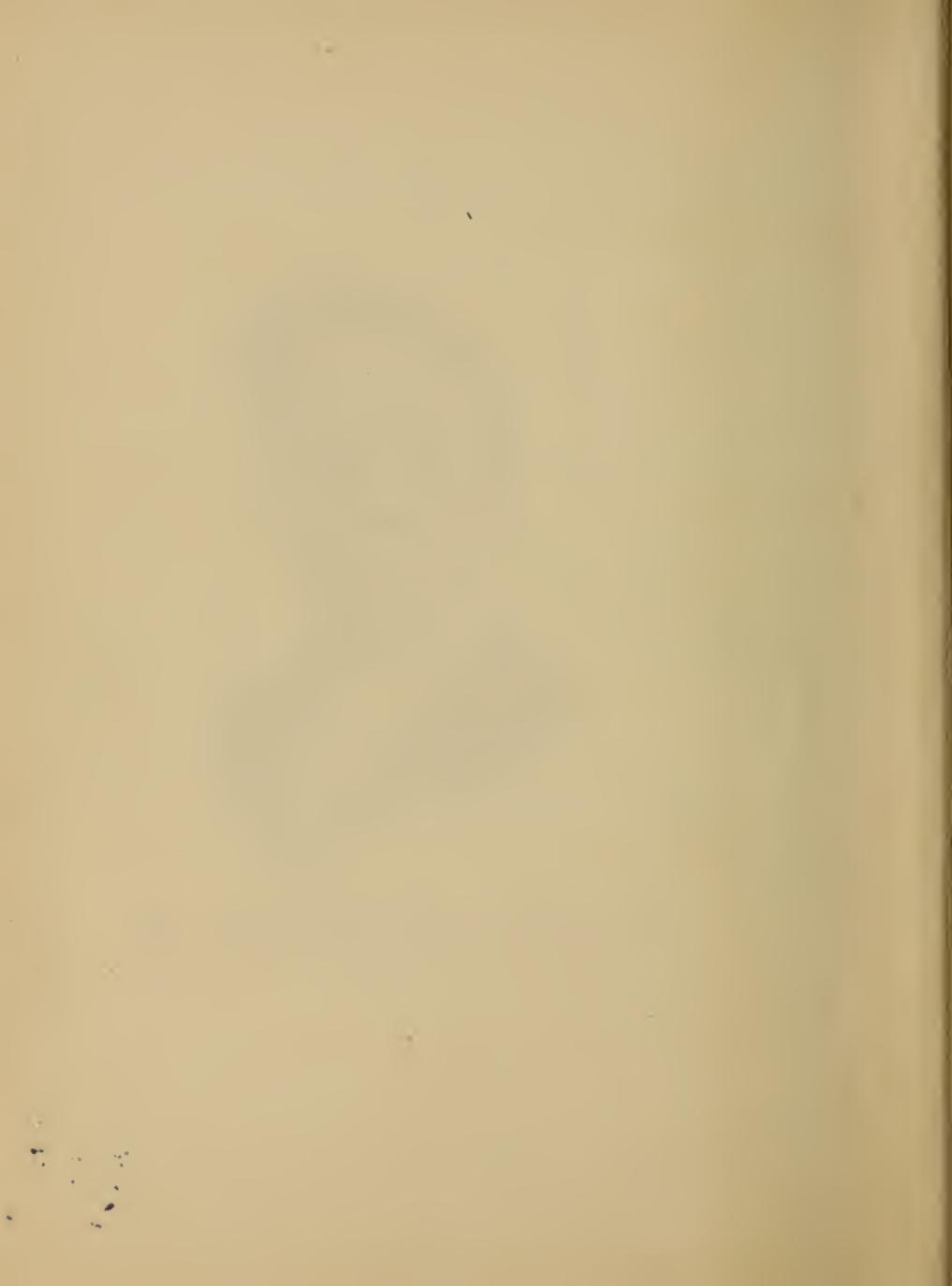






*Dr. E. L. Swick S.T.S.P.*





# SCIENTIFIC COOKING FOR HEALTH

---

A Treatise on the Selection and Preparation  
of Foods for the Development and  
Conservation of Physical  
and Mental Efficiency

---

By DR. E. L. SWICK

---

Copyright in United States ~~—~~ ~~—~~  
By E. L. Swick

DR. E. L. SWICK  
E. L. ANGELINE ST.  
3926 SEATTLE, WASH.

RM 219  
. S 9

## Dedication

This Book is Dedicated to  
MOTHERS  
of Healthier Children  
To Nurses  
of a Better Race  
And All Who Would Enjoy  
The Pleasures of Life  
Realized Only Through  
a Sound Body  
and  
A Sane Mind  
Supported with  
Wholesome and Natural  
Food

OCT 10 '22

© CLA 690484

## INTRODUCTORY

The writing of this book on the subject of foods, their value and how to prepare them is not a work of our choice.

We have no desire to write. We do not like it in the least. We love to lecture. These lectures called forth a demand from so many that we are endeavoring to supply it. As we lectured on these subjects there was one question asked by nearly all: "What shall we eat and how prepare it?"

In answering these two questions we have endeavored to be practical. We have omitted all fine-spun theories and have written nothing but what is possible for all to practice.

All ideas of gratifying your taste have been ignored, but you will find the foods prepared as we have advised, to have a richer taste when the natural flavor is preserved than when it is destroyed and an artificial flavor of salt and other condiments is added.

Few people have any idea as to the richness of foods in their natural state. We have so long sought to satisfy our palate that we have

even destroyed the food value of many foods in order to satisfy taste. The body grows weak and emaciated and instead of feeding it we pour in drugs. When the body asks for food we respond with poison.

The object of this book is to teach those who desire to eat to live how they may feed their bodies and reach a high degree of efficiency. Our object is to aid those who desire a better way of living—those who desire to rid themselves of drug habits, to free themselves of disease, to increase their energy, renew their strength, to put the bloom of youth back on the cheek; in other words to make life worth living.

One of the saddest things to behold is the multitudes that are minus all mentioned above and are seeking for health and paying large sums to the specialist, because he has that title to his name.

Others are reaching to the shelves of the drug store and buying all the medicines they see or hear of because printer's ink said it had cured some one. The world is full and running over will all kinds of so-called cures. Yet multitudes are not cured. Why? Because they

## SCIENTIFIC COOKING FOR HEALTH

---

ignore the first principles of health. When people begin to learn that health is not bought but must be lived, then we will not be long in finding the fountain of youth.

Neither the medical men and the great multitude of drugless physicians nor the common people seem to have any conception that with a very small mental effort they might secure a few fundamental principles that would lead them out of the wilderness of haphazard thinking and make them their own physicians.

This work seeks to give you those principles that will bring to you your desires if you will but persist. Health is one of the easiest things to secure if you study health. It is God's desire that you have it. All His laws are to help you to secure it. It leaves you only when these laws are broken. Follow the teachings in this work and it will be of great help in setting you right. In as far as it does we will be glad to have made this effort to write and publish this work.



## Practical Suggestions

To adopt the methods of living as set forth in the previous volumes would mean a complete change in one's life and the pursuance of a definite object in the future. To attain such an object one must feel the need of a radical change. Just as he feels this need, will he persist in gaining this object. If this need is one in which life or health is involved, then we cannot tell how much he will do in order to accomplish his purpose. It all depends upon how much he prizes his life or health. The way some people live, you would judge they did not have a very great value placed upon their lives, but the person who has will not stop at any sacrifice in order to keep life or regain health. He does not consider his appetite or his personal pleasure worthy of consideration, if they are barring his path to health and happiness. If you have adopted the course as herein prescribed, what are you expecting to gain by it? If it is health, then how do you expect it to come?

## INSTANTLY?

This is one of the great difficulties we have with so many; they will take years in violating the laws that broke their bodies, and note their decline all this time, then when they apply a new remedy they expect it to work a miracle for them. They begin to look in the glass after the first meal to see if their complexion is changing, or the tongue is clearing, or the pimples disappearing. They soon get discouraged and declare that the remedy is no good, as they followed the instructions carefully.

## HOW LONG WILL IT TAKE?

This is governed by several things. The first is, how long have you been ailing? How bad are you? What caused it? Is the cause still existing? Can you remove it? Will you do it? Will this new system have all the support you can give it? Have you undergone operations? Have you been filled with serums?

All of these enter into every case and determine the time it requires for this system to aid you in attaining your object.

## WORK TO BE DONE

How can you expect to see results until those bowels are moving well? They have refused to act normally for years. Constipation has so filled your system with poisons that you cannot hope to see results until that waste matter and the poisons are eliminated. Your pores are all stopped up by trying to assist them in their work. Your body is filled with acids and poisons that have been deposited in various places in the body until you are now suffering with your present troubles. Your system is short in all repair materials. You have eaten nothing that has produced strength for the nerves, and as a result you are in a serious condition.

Your teeth are decaying because you have given your system no lime and flourine to preserve them. When you see what there is to be done, you will be patient with nature in her efforts to repair your body. She has been long suffering and patient. She has endured it all for years before you felt any complaint. When your system was sadly in need of lime she was slow to complain, and was forced to steal the supply you needed in your blood from your

teeth and bones. Do you wonder that now she demands a little time to repair? Do you want to know how long it will take to see results? That is up to you. How much are you going to assist Nature? How much material are you going to give her daily for this work?

### MANY DO NOT LIKE THE CHANGE OF FOOD

There is one thing you will find as you continue this line of food and that is your appetite will change as you continue eating the undenatured foods. The one almost universal expression is that they would not return to the old method if they could, as the newer way is much more appetizing.

The craving for sugars is one of the things noticeable. As you eat the natural foods you will receive enough sugar to satisfy the craving, which will soon cease. The craving for meat will be the same. You will find that the foods made from whole grains are so highly flavored that the others will taste flat if you attempt to eat them. There will be no desire to return to the old diet when you consider yourself well. Why should you desire to return? The old

way failed to support you. You would not apply such business methods to your business, and surely you will do as much for your system as you would for your business.

### WHAT DETERMINES IMPROVEMENT

This is one of the most disputed points in many cases. So many will accept no evidence of being better unless all pains are gone. Some people enjoy having some ailment to talk about.

The absence of pain is not always the best evidence of improvement. There is no certain thing that comes first, and another second. The signs of improvement are different in each person. The symptoms that may mean much to the physician may mean nothing to the patient. The expression of the eye, color of the face, general complexion, condition of the skin, heart action, respiration, color in the ends of the fingers, bowel action—all of these indicate that the system is at work, and you are on the right track.

### BE PATIENT

You cannot crowd nature. She can only work so fast. You may eat large quantities, but you will only hinder her in her efforts by

putting in more than you can use. You took your time in wrecking your body, now be patient. Remember that big tasks and fine work are not done in a hurry.

### BE PERSISTENT

Give your system all it needs. Distinguish between the calls of the system and those of habit. Answer its calls regularly. Interpret its calls accurately. Supply its calls cheerfully. Remember, that health comes only to its pursuer—it never pursues you.

### A CLOSING WORD

Let me emphasize two things: the first is that you do your part as faithfully as Nature will do hers. The second is, that results cannot fail.

What you are to do then is to work in harmony with Nature. You must always be ready to give her material to repair the body. When you work in harmony with her you cannot fail, you will find relief as thousands of others have. First, you will secure better circulation by feeding the various organs of your body so as to

enable them to function more perfectly. The change of your condition will be as rapid as possible. Do not worry over your weight, your pains, or anything else, as Nature knows how to do everything if you will but make it possible for her to work. Your flesh will, in time, become firm, and your complexion perfect. Your many symptoms will soon begin to disappear. Just a few months of hearty co-operation with Nature will produce a state of health that makes life worth while.

### COMBINATIONS OF FOODS

There are as many theories on combinations of foods as there are writers on the subject of foods. I have read many of them and the thing that has impressed me most of all is how they all differ as to the question of combinations. In many cases they are very successful in contradicting themselves. They give you tables and rules to follow that require the largest part of your time to figure out what to eat and what not to eat. Many people after reading them throw the whole thing aside and declare there is nothing in any of it.

It is true that most of the combinations set forth in the majority of books on this subject are good, but it is also true that the animal kingdom is not troubled with perplexing tables and combinations.

There are a few things necessary to know when we are consuming large quantities of denatured foods. One is not to have too many starchy foods at each meal, or too much sugar and meat. These are all acid-forming and will soon clog the system with acids.

There are a few simple rules that should govern our eating that will produce health, as we have tried them out to our own satisfaction.

One is to eat everything as nearly as possible as Nature produced it. Preserve everything that Nature put in it.

Never force yourself to eat because it is meal time.

Omit all seasoning as nearly as possible and then you will never over-eat. Avoid gluttony at all times.

Eat a balanced meal. Do not make it all starch or protein.

Eat only a small number of articles. This is important.

I believe that in these points is the secret of our diet question. Among the animals you find only a few articles eaten at each meal. The horse has his oats and hay or corn and hay. The cow has her chops and hay, and so it is with nearly all the animals. We give them only two or three things at one meal while we eat twelve or fifteen or more at every meal and then wonder why we have gas and various troubles. Follow the principles I have outlined above and you will find that it is no trouble to eat correctly. The solution of the question of food combinations is not to combine certain foods under certain conditions, but never to combine a great variety of foods under any circumstances.

### WHOLE WHEAT FLOUR

When any recipe in this book calls for flour we always mean *whole wheat* flour. We do not believe in the use of white flour for anything unless you wish to make a paste for papering your walls, as that is the only place it is fit to be used. We have tried whole wheat flour in every way that you use the white flour and find it much superior in taste, and the results on

the body are incomparable. It is true that the cake or pie crust made from the whole wheat flour will not be as white as the other, but nothing in this book is given because of its looks or taste. Body building and health are the main ideas in all menus and recipes.

If your first efforts to use whole wheat flour are not satisfactory, do not become discouraged. You will find it more difficult to use until you learn. It is a good policy not to make a complete change at once but to mix your white flour and the whole wheat flour a little more at each baking until you have learned the use of the whole wheat flour. By this plan you will not only learn to use it successfully but you can educate the taste of the family and they will be none the wiser. This is especially true of the children.

#### AN EASY WAY TO MAKE WHOLE WHEAT BREAD

2 cups of milk scalded and cooled.

1 teaspoonful salt.

$\frac{1}{4}$  cup sugar.

1 cake of yeast dissolved in one-fourth cup of warm water.

Stir in enough whole wheat flour to make a dough thick as can be stirred with a stiff-handled spoon. Grease pans and fill about half full. Set them to rise in about 75 degrees. When raised until the pans are full put in oven and bake one hour.

### RAISED WHOLE WHEAT BREAD (No. 1)

2 cups of potato water.  
1 teaspoon salt.  
 $\frac{1}{4}$  cup sugar.  
1 cake yeast. (This can be soaked in the potato water).

Add whole wheat flour enough to make a "sponge." Let this set over night, keeping warm. When it is "mixed" in the morning, stir in flour until it becomes thick, take out and knead. Put in a greased pan and if it comes along as it should, it will rise to twice the size. Shape into loaves with a little kneading. Let them rise to about one half the size, and bake.

Whole wheat bread bakes more slowly than white. When it is crusted over if it is greased with vegetable oil or butter it will make the crust softer. Lay a paper or tins over it after it has baked a while, which will also help.

If you fail with whole wheat bread the first time do not give up. Whole wheat bread is harder to make than white.

If you have good luck now baking bread do not try any new recipes, just add a portion of whole wheat flour each time. Each time you bake use less of the white and more of the whole wheat and soon you will have a whole wheat recipe.

That is a better way if you do not like coarse bread, as you have not made a radical change in your cooking.

#### WHOLE WHEAT BREAD (No. 2)

1 quart of whole wheat flour.

1 quart of scalded milk.

2 Fleischmann yeast cakes dissolved in  $\frac{1}{2}$  glass of water.

Let this rise for about thirty minutes in a warm place.

Add 2 quarts of whole wheat flour to make a stiff dough.

Let this rise until double its size and mould into five medium loaves, and when double their size, bake in a medium oven.

These loaves baked in cans like one pound coffee cans, with covers, make nice loaves.

#### ROMAN MEAL BREAD

1 cup of Roman meal.  
2 cups whole wheat flour.  
1 heaping teaspoonful of soda (depends on the milk.)  
2 cups buttermilk.  
1½ doz. English walnuts (chopped medium).  
½ cup of dark brown sugar.  
½ level teaspoonful of salt.  
Bake about forty-five minutes in moderate oven. (This makes one loaf.)

#### BRAN BREAD

1 pint of Ralston's bran.  
1 pint whole wheat flour.  
3 cups of sour or buttermilk.  
1 level teaspoonful of soda to each cup.  
1 level teaspoonful of salt.  
½ cup of brown sugar.  
½ cup or more of raisins.  
Bake about forty-five minutes. (This makes two loaves.)  
(Omit all salt as soon as possible.)

## HEALTH BREAD

1/2 pint of Roman meal.  
1/2 pint of Ralston's bran.  
1 pint of coarse whole wheat flour.  
1/2 cup of chopped walnuts (not too fine).  
1 cup currants.  
3 cups sour milk or butter milk.  
1 level teaspoonful of soda to each cup of milk.  
1/2 cup of brown sugar.  
1 level teaspoonful of salt.  
(This makes a good bread if you omit the sugar.)

Bake about forty-five minutes in moderate oven. (This makes two loaves.)

## WHOLE WHEAT GEMS

1 large cup whole wheat flour.  
1 cup sweet milk.  
1 level teaspoonful of Royal baking powder.  
1 tablespoonful of vegaline (or some vegetable oil.)  
Small amount of salt.  
Bake in quick oven.

### ROMAN MEAL GEMS

1 tablespoonful of vegetable shortening.  
1 egg.  
1 cup sour milk.  
Pinch of salt.  
 $\frac{3}{4}$  teaspoonful of soda.  
1 tablespoonful of sugar.  
 $\frac{1}{2}$  cup of Roman meal.  
 $\frac{1}{2}$  cup whole wheat flour.  
Bake in moderate oven.

### WHOLE WHEAT BISCUITS

2 cups whole wheat flour.  
1 tablespoonful vegetable shortening.  
1 heaping teaspoonful Royal baking powder.  
1 cup sweet milk.  
Roll medium thin and bake in a quick oven.  
(You can use your own recipe with the vegetable oils and whole wheat flour. As little salt as possible.)

### RICE MUFFINS

1 cup boiled unpolished rice, 2 eggs, 1 heaping tablespoonful butter, 1 tablespoonful of strained honey, 2 teaspoonsfuls of Royal baking

powder enough whole wheat flour to make a batter. Beat well and bake in a moderate oven.

### GRAHAM MUFFINS

1 quart graham flour, 1 egg, 2 cups whole milk, 1 tablespoonful butter or vegetable shortening, 1 tablespoonful strained honey. Bake in quick oven ten or fifteen minutes.

### SHORTENING

The most common ingredient used for shortening is lard. But in the past few years vegetable oils have come on the market and are rapidly replacing lard. The only thing that prevents them from doing it entirely is ignorance as to the evil effects of lard and the food value of the vegetable oils and butter.

Recent experiments made on rats show this difference in food values. Two cages of rats were fed with butter and lard. The one fed on butter fattened and did well while the ones fed on lard soon died. This shows us that there is little or no food value in lard. This being true, then why should we ever use it in our foods?

Do not use substitutes for butter as they

contain but little food value. Our one idea is the eliminating of all things in our meals that do not contribute to our bodily needs.

If you want pie always make the crust with whole wheat flour and use the whole wheat flour for thickening. Never use corn starch.

### PIE CRUST

$\frac{1}{2}$  cup of vegaline (or any other vegetable shortening.)

$\frac{1}{4}$  cup boiling water.

1 $\frac{1}{2}$  cups whole wheat flour.

A pinch of salt.

Pour boiling water over vegaline and stir until all lumps are dissolved. Add salt and flour and mix lightly and roll.

This will make a much darker crust than you are used to, and you may think it does not look nice enough to serve, but after you have used it a few times you will never go back to the white flour.

### RAISIN PIE

1 cup raisins.

$\frac{3}{4}$  cup of brown sugar.

1 tablespoonful of whole wheat flour.

1½ cups of boiling water.

Or, the flour and sugar can be put in the bottom of the pan and the raisins added, and cold water used.

Other wholesome pies can be made of apples, fresh berries, prunes, peaches, etc. If you indulge in lemon and orange pie, always make the crust and thickening with whole wheat flour.

Pumpkin, sweet potato and squash pie should all be made with whole wheat crust and as little spice as possible.

### WHOLESMOME FRUIT CAKE

½ pound of black figs.

½ pound of dates.

1 pound English walnut meats.

1 pound currants.

1 pound raisins.

Chop all these separately medium fine and mix together. Add 1 teacupful of whole wheat flour. Butter any dish for which you have a cover that fits down inside. Pour the mixture into the dish after you have it buttered, place the cover on it so it will rest on the mixture. Weight with about thirty pounds and allow to press for from six to eight hours. (If you feel

you must have it seasoned with citron peel, (grind fine one half pound of preserved citron and mix with the other fruits). This can be used for the holiday table and should be made several weeks before using.

### APPLE SAUCE CAKE

1 cup dark brown sugar.  
1/2 cup vegetable shortening.  
1 cup raisins.  
2 teaspoonfuls of soda in one cup of applesauce. Beat until dark.  
3 cups of whole wheat flour.

### WHOLE WHEAT HEALTH CAKE

(Two Layers)

Yolk of 2 eggs.  
1 cup of strained honey.  
1 cup of sweet milk.  
3 cups of whole wheat flour.  
1/2 cup of butter.  
3 level teaspoonfuls of Royal baking powder.  
Use the whites of the eggs for frosting.

## HEALTH COOKIES

- 1 cup of butter or vegetable shortening.
- 1 cup of strained honey.
- $\frac{3}{4}$  cup of apple sauce.
- 1 rounded teaspoonful of soda.
- 5 cups of whole wheat flour.

You will find that these recipes will not produce cookies and cake that will "melt in your mouth" but when you have given them to the children you have given them something that will feed the body.

It is not necessary to use only recipes in this book. As we have stated before, we want to give you the principle of them so you will always be able to feed the family wholesome foods. Use any recipes you have, using whole wheat flour and brown sugar or strained honey, in the place of white flour and granulated sugar.

## MOLASSES CAKE

- $\frac{1}{2}$  cup vegetable shortening.
- $\frac{1}{2}$  cup brown sugar.
- $\frac{1}{2}$  cup of molasses.
- $\frac{1}{2}$  cup of cold water.

1½ cups of whole wheat flour.  
1 cup of chopped raisins. (Other fruits may be used.)  
1 teaspoonful of soda.  
2 eggs.



### SALT, PEPPER AND SPICES

There is no question connected with foods that is more vital than that of seasoning. There are several evils connected with this habit.

First is that the seasoning causes one to eat much more than he would otherwise. This alone would argue against salt, pepper and other condiments. One of the greatest sins against our bodies is the over-consumption of foods.

The second reason is that seasonings are very harmful themselves. Peppers and pungent condiments are stimulants to the body as the whip is to the horse. They never produce strength but rather dissipate it. Salt is a deadly poison. That which you taste and call salt is the chlorine in it and it is very poisonous. It is destructive of life. All you have to do to

convince yourself of this fact is to pour salty water around a plant and see how quickly it will die.

This chlorine is very destructive to the delicate mucus membrane of the body. It has much to do with high blood pressure, hardening of the arteries, and many other bad conditions of the body.

If you will prepare your foods as we have endeavored to teach you in other parts of this work, you will find that your foods will not require any salt. Omit it gradually from your cooking and its absence will not be missed.





# VEGETABLES

In the cooking of vegetables you can do much to starve or feed your system. Remember that most of the mineral salts in our vegetables are next to the skins. In peeling the potato you lose the largest part of the mineral salts by throwing the peelings away. This is true of all vegetables.

Again, the vegetables suffer another loss when you cook them and drain the water off. This water contains the remaining chemicals and is of great value to the body.

In preparing all vegetables there is only one thing to remember, and that is cook them so as to preserve all that Nature has placed in them.

When you pare them and throw the paring away, and then boil them and throw that water away, you no longer have a potato or parsnip, you have nothing but a mass of starch. Therefore you are not eating a vegetable which was perfectly balanced when you started preparing it for the table, but an article you have unbalanced by your method of preparation. This often produces gas and other troubles and then the article of food is blamed when the real trouble is that you have not been eating a potato, but only the starch it contains.

## CARROTS

Clean the carrots with a stiff vegetable brush (do not peel) slice and cook in a small amount of water and cream. Or they can be diced and boiled until dry and a lump of butter added.

Or, clean and cook until tender and mash, beating in a large lump of butter.

## CARROTS AND PEAS

Dice about five small carrots and cook until tender, simmer down in their own juice, add about one cup of cooked green peas (use whatever amount you want of each), add a lump of butter and serve.

## PEAS

Shell and cook until tender, do not drain, add a little cream and butter and thicken with whole wheat flour. Always cook the pods in a separate dish, or cook with peas and lift out when tender, and add the water they are cooked in to the peas. The pods contain as much mineral salts as the peas.

### CAULIFLOWER

Select a small head of cauliflower, wash and break into a kettle with water enough to nearly cover, let boil almost dry and when tender add one cup of whole milk and thicken with whole wheat flour. It can also be boiled and served with drawn butter.

If there is a left-over dish to be prepared, it can be baked. Put in a casserole, cover with whole wheat bread crumbs and very little cheese and butter. Add one cup of cream and bake about twenty minutes.

(Use as little salt as possible.)

Fresh cauliflower can be used this way also. Or fill casserole with cauliflower and cover with milk and bake until tender with a large lump of butter.

### CAULIFLOWER AU GRATIN

Put the cauliflower in a casserole, put on the bread crumbs and grated cheese and pour over all one-half cup drawn butter sauce. Bake until tender. If cooked cauliflower is used, bake fifteen or twenty minutes.

### PEAS AU GRATIN

One pint of peas cooked with a little onion and celery. Simmer until nearly dry and put through a colander, add one cup of whole wheat bread crumbs, one half cup of milk, a large lump of butter; put in casserole, add grated cheese to the top and bake about half an hour.

### STRING BEANS

Cut them up and cook until tender like peas, or leave them whole and cook down in their own water with a little meat.

### DRIED BEANS

DO NOT PARBOIL BEANS. Put them in a generous amount of water, boil until tender, and nearly dry, add a lump of butter and serve. (Use as little salt as possible and do not use soda. Soda destroys the natural chemicals in the beans.)

### BAKED BEANS

Cook as above about one half hour or longer, when nearly dry pour into casserole with a little butter, a little chopped onion, a cup of

cream and bake about five hours. (As little salt as possible.)

They can be baked without the cream and dot on top with small pieces of meat. If you want them a little sweet, add a small amount of strained honey. Lima beans or brown beans can be served in the same way.

### PARSNIPS

Clean parsnips with a stiff brush, boil until tender in small amount of water. When almost dry mash and beat in a lump of butter.

### BUTTERED PARSNIPS

Boil down in their own water until tender, slice lengthwise. Chop a small portion of parsley in sauce pan with butter, when heated add parsnips, let boil and turn when heated thru, place on serving dish and pour melted butter over and serve.

### BAKED PARSNIPS

Put parsnips in casserole and cover with whole milk, dust in a little whole wheat flour, add a large lump of butter and bake until tender.

### STEAMED POTATOES

Clean with a stiff vegetable brush and steam until tender. If you do not want to serve them with the skins on, remove the skin by pulling it off. Do not peel. Put the potatoes in a kettle and mash with cream and butter.

### BAKED POTATOES

Select potatoes of a uniform size and clean with a stiff brush. Bake until tender and serve. Or they can be prepared in the same way and when tender, slice with a sharp knife, scrape contents into a hot bowl with a little cream and butter and return to the skins. Pin together with toothpick and serve. The skins can be rubbed over with butter. Always eat the skins.

---

### POTATOES ON HALF SHELL

Proceed as above, and beat into the mixture the cream and butter. Fill the skins lightly, heaping high, leaving the surface rough. The whites of eggs can be beaten in if desired. Garnish with parsley. Serve on hot platter.

### ESCALLOPED POTATOES

Cut "left-over" steamed or baked potatoes in casserole with diced onions and cover with milk and bake until brown.

### BUTTERED BEETS

Dice one cold beet. Melt butter in sauce pan and add beets. When thoroughly heated serve in a hot dish. Or put in a casserole with butter and about two tablespoonfuls of water and heat well.

### BEETS WITH OLIVE OIL

Slice cold beets thin and serve in lemon juice and olive oil.

### BAKED SQUASH

Cut in squares and place in oven and bake until brown and tender.

### STEAMED SQUASH

Cut in squares and place in steamer and steam until tender, or cut squash in half and place in kettle with a small amount of butter. Place the peeling in water. Steam until tender, scrape out in vegetable dish and mix with butter.

### BAKED CABBAGE

Chop cabbage fine and place in casserole, cover with milk, add a lump of butter and bake about one hour or until tender.

### BAKED CABBAGE (2)

Chop cabbage fine and boil until tender. Put a layer in a casserole with a layer of cheese and drawn butter sauce. Proceed the same way as before until the dish is full, add a layer of cheese last, cover with a layer of whole wheat bread crumbs, bake until brown. Fresh cabbage can be used without boiling. Add one cup of milk if raw cabbage is used.

### HOT SLAW

Chop fine the amount of cabbage you want and cook down in a small amount of water. When tender, add lemon juice to make it as sour as you want. Let it simmer down until seasoned all through and serve hot.

### BOILED CABBAGE

Quarter the head of cabbage and boil with small piece of meat.

### STUFFED PEPPERS

Select even sized peppers and stuff with equal parts of chopped cabbage, celery and onions. Place in pan with a little water and bake until tender. Or mix tomatoes and whole wheat parts of chopped cabbage, celery and onions.

### BAKED ONIONS

Slice large onions in casserole and cover with whole milk. Dust in a little whole wheat flour and lump of butter. Bake about one hour.

### CREAMED ONIONS

Boil down in their own water and when nearly tender, add cream and thicken with whole wheat flour.

### CREAMED TURNIPS

If the turnips are young and tender they can be cleaned with a stiff brush and cooked with the peeling, but if they are old they will have to be peeled. They can either be diced or sliced; cook until the water is all simmered down and add cream sauce of milk and butter and whole wheat flour. Always cook a little

longer with whole wheat flour sauce than with white flour, as it might have a raw taste to those not used to it.

### BOILED TURNIPS

Cut in quarters and boil until tender, mash and add a lump of butter and serve, after heap-ing lightly in vegetable dish.

### ASPARAGUS

Wash and cut off the woody ends and boil in a little water about twenty minutes; simmer down in their own water and serve on toast with drawn butter.

Asparagus can also be cut in pieces about an inch long and cooked down in the water and a piece of butter added when tender.

### CORN ON THE COB

Remove the husks and boil, or leave the last layer on and boil a few minutes to taste. Some like it boiled longer than others, the flavor changing with the length of time cooked.

### ESCALLOPED TOMATOES

Select six ripe tomatoes, skin and cut into small pieces. Spread a layer in a casserole, add a layer of whole wheat bread crumbs and dot with butter; continue until the dish is filled, leaving bread crumbs on top. Bake about forty-five minutes.

### ESCALLOPED OYSTER PLANT

Prepare this vegetable as for soup and boil until tender. Use the same measure of whole wheat bread crumbs that you have of salsify. Put a layer of bread crumbs in buttered casserole, then a layer of salsify, and bits of butter. Continue until you have the desired amount. If there is any of the water left that the salsify was boiled in pour that over with sufficient milk to cover, and bake for thirty minutes in a medium hot oven.

### SPINACH

Thoroughly wash spinach and cook in a small amount of water; do not drain. When tender simmer down until dry enough to serve and add a large lump of butter.

## BAKED SPINACH

Wilt spinach with hot water and pack into casserole, pour over drawn butter and bake until tender. Always use as little salt as possible.

## SWISS CHARD

Prepare the same as spinach.

Use freely all greens possible in season. Beet tops, turnip tops, mustard, etc. If you do not like plain greens, prepare them with a small piece of meat to season.

## SOUPS

There is not much to be said on the subject of soups, but we have found it very helpful in making soups to drain all the vegetables where they could not be cooked down, into a vessel, and then use that water in making soups or gravies. By this method you preserve all the elements of the vegetables and serve them at your meals.

When you have added these waters to your soup you will be surprised at the richness it

adds in flavor, besides adding food value.

### VEGETABLE SOUP

Clean with a stiff brush the following vegetables: carrots, onions, cabbage, celery, parsnips etc. These can either be ground in a food chopper or diced. Cook a long time as there is a flavor to be gotten that is not obtained by cooking a short time. Add about one cup of unpolished rice. Some like to cook the rice in a separate dish. It is not necessary, as it will cook tender with the vegetables. Add a large lump of butter.

### ROAST CORN ON THE COB

This makes a delicious "camp fire" dish. Turn back the husks and remove the silk, tie the ends of the husks back to cover the ear and bake in hot ashes or clay.

### STEWED CORN

Cut the kernels off the cob and cook in cold milk. When it comes to a boil add a lump of butter and serve.

### BAKED CORN

Split kernels in two and scrape off the cob the amount you want to prepare and put in a casserole, add lump of butter and bake.

Home dried or canned corn can be served in the same way.

### TOMATOES

Canned tomatoes may be used as follows: Put a medium sized lump of butter in a stew pan and pour in the tomatoes; cook about fifteen minutes, add one-half cup of whole wheat bread crumbs and serve hot.

### COLD SLAW

About one cup of cabbage chopped fine, two tablespoonfuls of sour cream, one teaspoonful of strained honey.

### COTTAGE CHEESE AND CABBAGE SALAD

Equal parts chopped cabbage and cottage cheese, liberal amount of boiled dressing, and serve on lettuce leaf, or garnish with parsley.

### STUFFED TOMATO SALAD

Pour boiling water over tomatoes, remove skin carefully, cut a piece out around stem, remove seeds and stuff with "Cabbage Salad" and serve on lettuce leaf or garden cress.

### TOMATO SALAD

Remove skins of tomatoes and thoroughly dry lettuce leaves. Place tomato on lettuce, lift out a small piece of the top of the tomato and place a ripe olive in the hole. Pour French dressing over and serve.

### CAULIFLOWER SALAD

Equal portions of cauliflower and lettuce chopped fine, mix with a small amount of chopped parsley and dressing and serve on lettuce leaf.

### BEET AND CABBAGE SALAD

Boil a medium sized beet and when cold cut in slices, cut out the center of slices and let stand in lemon juice, chop the beet you have

removed with an equal amount of cabbage, mix with dressing, place inside the ring and serve on lettuce leaf.

### RUTABAGA OR TURNIP SALAD

Either of the vegetables make a nice salad. Select tender turnips, pare and put through a food chopper, add ground celery, a little onion or green sweet pepper. Serve on lettuce leaves. Use boiled or mayonnaise dressing.

### GREEN PEPPER SALAD

Select peppers of even size and fill with ground vegetables—cabbage, celery, onions, and a little chopped cooked beet, thoroughly mixed with dressing. Place two green olives on top. Garnish dish with parsley or lettuce leaf.

### CUCUMBER SALAD

Dice cucumbers and mix with chopped green onions. Chop head lettuce and make a bed of it on the salad dish, put about two tablespoonfuls of the mixture on the lettuce, place a ripe olive on top and serve with mayonnaise.

### SPINACH SALAD

Equal amount of spinach and celery, a little green onion, chop together and serve with either French or boiled dressing.

Or, chop spinach and green pepper together and mix with the same amount of grated or ground carrots, mix with dressing and serve on salad dish garnished with strips of lettuce and spinach leaves.

### TOMATO AND CUCUMBER SALAD

Make a bed of sliced head lettuce on the salad dish and slice cucumbers and tomatoes very thin, place a layer of tomatoes on the lettuce, then a layer of cucumber and another layer of tomato. A small amount of green onion can be cut over the top. Dot with mayonnaise dressing.

### WATER CRESS SALAD

Equal parts water cress and lettuce, branch of parsley, a little green onion; mix with boiled dressing and serve on lettuce leaf.

## STUFFED CUCUMBER SALAD

Cut the ends off the cucumbers and pare, cut in two lengthwise and remove seeds. Chop together tomato, celery and parsley, mix with dressing and fill cucumbers, place a ripe olive at each end and one in the middle of the filling and serve on a bed of lettuce or water cress.

## BEET SALAD

Equal parts chopped beef (cooked) and chopped cabbage. Serve on lettuce leaf with dressing.

Or, slice beets, or use very small ones soaked in lemon juice, and serve with sliced celery hearts. Dot with dressing.

## SWEET PEPPER AND CHEESE SALAD

Stuff green pepper with cottage cheese and nut meats. Slice and serve on lettuce leaf. Cream cheese may be used also.

## NUT AND CELERY SALAD

Equal parts English walnuts, almonds and pecans, add twice as much chopped celery as

nut meats and mix with dressing, mould and serve on lettuce leaf.

### CHEESE AND TOMATO SALAD

One thick slice of tomato with cream cheese ball on lettuce leaf.

### OLIVES AND CELERY SALAD

Sliced stuffed olives and sliced celery hearts, served on bed of lettuce. Dot with dressing and grate a little cream cheese over all.

## CHAPTER V—SOUPS

### DRIED GREEN PEA SOUP

One cup of home dried peas (do not use split peas as they have been robbed of the mineral salts,) one large onion, one carrot, two stalks of celery. Soak the peas over night—do not drain. Boil for about three hours. Dice or grind the vegetables. When all are cooked, it can be served, or a pint of whole milk may be added before serving.

### GREEN PEA SOUP

Boil one pint of green peas until soft, add

one quart of fresh milk and heat to almost a boiling point; add a large lump of butter and serve. A little whole wheat flour creamed with a little milk may be added if desired.

### PUREE OF PEA SOUP

Soak one pint of home dried peas over night, cook with one quart of boiling water, one onion, a small amount of celery and a little parsley. Simmer for two and one-half hours, rub through a colander, add a lump of butter, re-heat and serve in hot dishes.

### BEAN SOUP

Two cups of navy beans, one onion, one stalk of celery, one carrot, small amount of parsley. Soak the beans over night (do not drain or parboil) when they have boiled a short time add the vegetables either diced or ground. When all is tender add parsley and large lump of butter, and serve in hot dishes.

### BEAN PUREE

Soak beans over night or put them over fire and boil three or four hours. When tender put

through a sieve and add whole milk enough to make it like a thin gravy. Add a lump of butter and serve hot. Any beans may be used.

#### LIMA BEAN SOUP

Boil until tender and add a large lump of butter, one pint of whole milk and thicken with a little whole wheat flour. It can also be served as a puree.

#### TOMATO SOUP

Boil one cup of tomatoes in one pint of water small amount of diced celery and onions. Thicken with a little whole wheat flour.

#### RICE TOMATO SOUP

Boil unpolished rice, and when nearly tender add tomatoes as prepared above. You will not need any thickening for this.

#### RICE AND CLAM SOUP

Soak one cup of unpolished rice about two hours, cook until soft. Add to this one pint of minced clams and a large lump of butter, and serve hot. When ready to serve, add a pint of whole milk.

### CREAM OF CLAM SOUP

Clean one dozen clams and mince. Use one-half as much water as you have minced clams. Boil a few minutes, add one quart of milk. Thicken with a tablespoonful of whole wheat flour creamed with a little of the milk.

### CLAM CHOWDER

To one pint of clams add one diced onion, one-half cup chopped celery, one diced potato. When all is tender add one quart of milk and let it come to a boil, add a large lump of butter and serve hot.

### CREAM OF CELERY

Four stalks of celery, a large lump of butter, two cups of milk. Boil celery in a very little water until tender. It can be put through a colander if desired. Add milk, stir the butter and two tablespoonfuls of flour together and add to the mixture. Stir until cooked and serve with strips of whole wheat toast.

Or, put through a food chopper, one stalk of celery, one onion and one carrot. Boil in one

quart of water about forty-five minutes. Add one quart of milk and lump of butter. If too thin add a little thickening of whole wheat flour.

### CREAM OF CORN SOUP

Take one pint of home canned corn, heat and add one pint of milk. Cream one tablespoonful of whole wheat flour with a little milk and add to the corn and milk. Cook until thickened and add a lump of butter and serve. Do not boil.

### CREAM OF CAULIFLOWER SOUP

Cook one small head of cauliflower in a small amount of water. When tender add milk and a little whole wheat flour and a lump of butter.

Cream of onion and cream of asparagus may be served the same way.

### VEGETABLE OYSTER SOUP

Clean and cut salsify in small pieces and cook in a small amount of water. When tender add whole milk and butter and serve in hot bowls.

## CHAPTER VI—SALADS

The one salad that is prepared more than any other is the potato salad. It is the most useless and the hardest to digest. Any two or three raw vegetables make a palatable salad, served with dressing and nuts. The best way is to make up combinations yourself and then you will not get tired of one kind. The few we have given you here will give you an idea how to use raw vegetables. There should be a green salad on the table every day.

### CARROT SALAD

One carrot grated or chopped fine, one stick of celery, one large apple. Mix with dressing and serve on lettuce leaf.

### CARROT AND CABBAGE SALAD

One-half cup chopped cabbage, one-half cup chopped celery, one-half cup diced beets (cooked). Serve on lettuce leaf. Either mayonnaise or boiled dressing.

### CABBAGE SALAD

Shred a portion of solid cabbage, a little

green onion or green pepper, mould in forms and serve on crisp lettuce leaf. Add two or three olives.

### PINEAPPLE ORANGE SALAD

One slice of pineapple cut in four pieces; place one section of orange between each piece, with large walnut meat in center. Sprinkle with diced banana.

### APPLE SALAD

Cut fine a portion of head lettuce and mix with chopped apples and figs. Serve with fruit dressing if desired. Serve on lettuce or water cress.

### PINEAPPLE LETTUCE SALAD

Head lettuce, pineapple, carrots and a few raisins. Mix with fruit dressing and serve on lettuce leaf.

### PINEAPPLE NUT SALAD

Equal parts nuts and raisins, apples and carrots, mixed with fruit dressing. Mould and serve on lettuce or water cress.

### ENDIVE ORANGE SALAD

Place two sections of orange nicely fitted into a strip of endive, a small amount of mayonnaise between each piece of orange, lay a walnut on dressing. Arrange other pieces of endive on plate.

### CANDLE SALAD

Place a lettuce leaf on plate, add one slice of pineapple. Sharpen one end of one third of a banana and stick in the hole of the pineapple. Dot the pineapple with dressing. Dip a little of the banana out on top with the point of a spoon so a maraschino cherry will stay there. Sprinkle with chopped nuts. (This gives some color for the Holiday table.

### FRUIT SALAD IN APPLES

Cut the apple in half and remove the core. Scrape out the inside to make a shell, add the apple you have scraped out to small part nuts, dates and pineapple. Mix with any desired dressing, dot with dressing and sprinkle with nut meats.

### FRUIT SALAD IN ORANGE PEEL

Remove the orange and make like apple salad, or Jello may be used to make the filling with the fruit and nuts. Place in orange peeling after the edge has been notched, stick whole pecan meats into the top.

### FRUIT SALAD

One orange, two sliced pineapples, one large apple, one ripe banana. Serve with dressing on lettuce leaf and sprinkle with chopped nuts.

### BANANA SALAD

Slice banana lengthwise and lay on lettuce leaf; mix equal parts celery and dates with dressing, place a portion on each side of the banana, remove the seeds from dates and place dates on top of the banana. Dot with dressing.

### PEAR OR PEACH SALAD

Either of these fruits make a nice salad where you have to serve a little lunch on short notice. Have some home canned fruit and sprinkle with chopped walnuts or almonds. It can be served with or without the lettuce leaves. Use either mayonnaise or French dressing.

### APPLE RAISIN SALAD

Equal portion of apple and raisin, enough lettuce to equal both, sliced with sharp knife. Mix with dressing and serve on water cress.

### COMBINATION SALAD

About one-fourth head of lettuce, equal parts tomato and cucumber, one stick of celery, a few radishes and green onions, small amount of green pepper, a tablespoonful of green peas. If you favor one vegetable more than another let that one predominate. Serve with mayonnaise or boiled dressing.

## CHAPTER VII—FRUITS

### BAKED APPLES

Wash and core the apple, stuff the hollow center with raisins and strained honey; bake until tender and serve with cream.

### APPLE SAUCE

Make a syrup of honey and water, quarter the apples and drop into the hot syrup and boil until tender.

### PRUNE SAUCE

Wash prunes well and cover with cold water, let them stand for thirty-six to forty-eight hours and serve. Do not cook. You will note a flavor that is not obtained by cooking and you will not need any sugar. If you want them a little sweeter, add a little strained honey.

### FIGS

Figs can be prepared the same way as prunes or they may be soaked in milk. Select black figs and soak in FRESH milk for forty-eight hours in a cool place. The figs will absorb the milk and make a dainty dish.

### PRUNE WHIP

Soak the prunes until very soft, mash and serve with whipped cream and ground nuts. Plain cream may be used.

### BAKED BANANA

This is one of the fruits that is seldom cooked. However, if you will select ripe bananas and bake in a covered earthen pan or casserole

for about fifteen minutes, you will have a very wholesome dish. They can be served plain or with cream or ground nuts, or both. They are exceptionally good for children.

### DATES

Dates may be served in many ways, plain, in salads, etc. However, you can make nice candy for children with dates. Select smooth dates and remove the seed. Stuff with peanut butter or nut meats.

### STUFFED PRUNES

Soak prunes until soft in a small amount of water. Dry the outside with a cloth, remove the seed and stuff with peanut butter, nut meats or pineapple cut in small pieces.

### GRAPEFRUIT

Cut in halves and remove the center and fill with strained honey, let stand a short time and serve. It can also be filled with grape juice and served the same way.

## BERRIES

All berries are good served with peanut cream.

## CHAPTER VIII—DRESSINGS

### MAYONNAISE DRESSING

Allow the yolk of one egg to each person; beat the eggs lightly adding slowly two tablespoonfuls of pure olive oil, a little lemon juice; beat well until creamy. Use as little salt as possible, and in time you will not miss it.

### BOILED DRESSING

One egg, the juice of two lemons, one heaping tablespoonful of whole wheat flour, small lump of butter, one cup of sweet cream, one tablespoonful of strained honey. Cook in a double boiler until thick. When cool and ready to serve, if it is too thick, add more sweet cream.

### CREAM SAUCE

Cream three level tablespoonfuls of whole wheat flour with three level tablespoonfuls of

butter. Heat two cups of milk and add the mixture, cook in double cooker until thick. This can be used to cream vegetables or fish.

### FISH DRESSING

Equal parts horseradish and turnips, making about one-half cup. Equal parts carrots and parsnips to make about a third as much as the first mixture. Mix with lemon juice and serve with fish.

### PEANUT CREAM FOR FRUITS

To four tablespoonfuls of peanut butter add two teaspoonfuls of water, mix until emulsified, add more water and continue to work until smooth and creamy. It is always better to grind your own peanuts and then you know they are fresh.

### FRUIT JUICE DRESSING FOR FRUITS

One cup of pineapple juice, the juice of one orange and one lemon, strain together and put over fire until it boils. Stir into the mixture two tablespoonfuls of whole wheat flour, creamed

in a little of the cold juice; when it is cooked cool and serve on fruit salads instead of salad dressing.

### FRENCH DRESSING

The ordinary French dressing is so highly seasoned with salt and pepper that it is not wholesome. However you can make a French dressing with the juice of one lemon and four tablespoonfuls of olive oil that is very palatable and wholesome.

### DRAWN BUTTER SAUCE

Take one-third pound of butter, heat and mix with one tablespoonful whole wheat flour, when melted let come to a boil.

### RELISH

One pint of finely chopped cabbage, one pint of diced cooked beets, one small glass of grated horse radish, small amount of cider vinegar.

# Puddings

## ROMAN MEAL PUDDING

- 1 cup dark brown sugar.
- 1 egg.
- 1 large tablespoonful of butter.
- 1 cup sweet milk.
- 1 teaspoonful of baking powder.
- 1 cup of chopped raisins.
- 2 cup of Roman meal.
- 1 small grated apple.

Steam about one and one-half hours.  
(One-half the amount of raisins may be used  
and the other half chopped prunes or dates.)

## SHREDDED WHEAT PUDDING

- 2 Shredded Wheat biscuits.
- 2 cups sweet milk.
- 1/2 cup of strained honey (or brown sugar).
- 1/2 cup of raisins.

Bake in moderate oven.

## RICE CUSTARD PUDDING

Put one cup of unpolished rice into three cups of boiling water, boil about two hours in

a double cooker. When tender add eggs, milk and raising to make a batter, bake about thirty minutes. Sweeten with honey or brown sugar.

### BREAD PUDDING

Prepare like rice pudding, using whole wheat bread crumbs instead of rice.

### DATE PUDDING

Prepare one-half cup of unpolished rice, two cups of water; when nearly tender add one-half cup pitted dates. Cook until tender and serve with cream.

### CARROT PUDDING

1 cup grated carrot.  
1/2 cup grated raw potato.  
1/2 cup grated apple.  
1 cup whole wheat flour.  
1/2 cup raisins.  
1 teaspoonful of soda.  
1/2 cup of brown sugar.  
Steam in buttered dish for three hours.  
Serve with strained honey or cream.

### SHREDDED WHEAT PUDDING

2 Shredded Wheat biscuits.

2 cups of sweet milk.

1/2 cup of strained honey.

1/2 cup of raisins.

Bake in moderate oven and serve with cream.

### BREAD PUDDING

Prepare as above, using whole wheat bread crumbs instead of shredded wheat biscuits.

### RICE CUSTARD PUDDING

Put one cup of unpolished rice into three cups of boiling water, boil about two hours in a double cooker. When tender add milk and eggs to make a batter. Stir in one cup of raisins and small amount of brown sugar or strained honey. Bake about thirty minutes or until the raisins are tender.

### DATE PUDDING

Cook one-half cup of unpolished rice in two cups of water, when nearly tender add one-half cup of pitted dates. Cook until tender and serve with cream.

## Cereals

Oat meal has been a staple food with the Scotch for many years and is a wholesome food if properly cooked. Children like it until they are turned against it by improper cooking. It has a rich, nutty taste. It should always be cooked with boiling water and cooked in a double boiler any length of time desired, from forty-five minutes to several hours. A small portion of bran may be added if desired, and makes a richer flavor. Steel cut oats will not cook as soon as rolled oats.

### BAKED ROLLED OATS

Steep rolled oats in sufficient milk to cover them and set in the ice chest or a cool place to prevent the milk from souring. Let it set for about one and a half hours. Butter a baking dish and pour the oats into it, dot with lumps of butter and bake in medium oven for about forty-five minutes. Cut in slices and serve on hot plates with butter, or strained honey may be used.

## WHOLE WHEAT

Soak the desired quantity over night; in the morning pour fresh milk over and let simmer for several hours, but do not boil. Cook this without salt and you will be surprised how delicious it will be and how little you will miss the salt. This may be eaten with cream, butter or honey.

## BOILED RICE

Put one cup of unpolished rice into three cups of boiling water, boil about forty-five minutes, and cook in a double boiler for about four hours.

## Meats

We do not offer you many kinds of meats as we do not believe meat is conducive to good health. It is a well known fact that meat is not the most important article of diet. The fact that nearly all heavy meat eaters are diseased is an evidence that meat is not as valuable an article of food as we once supposed it to be.

There are many diseases that are closely associated with meat eating. There have been

many experiments which prove meat does not produce the strength and energy that is to be obtained from vegetables

It is also true that you may eat a small portion of meat occasionally with no evil effect. It is also true that the eating of meat stimulates your appetite, so that you consume more food than you would if you were not eating meat. By this you overload the system, which is very harmful. It is well to omit pork in all cases.

If you insist on eating meat then be sure to consume but little starchy food at the same time. Eat plenty of tomatoes, lemons and green foods to assist in balancing the meal.

Remember, these recipes are not to suit your taste but to assist you in maintaining health or in securing it if you are sick.

### BROILED FISH

Wash the fish and dry with a cloth; place on a broiler and brown both sides. When thoroughly cooked place on platter garnished with lettuce or celery leaves. Melt a large lump of butter and pour over the fish and serve.

### BOILED FISH

Place a large piece of fish in kettle and boil until tender; place on platter garnished with parsley, serve with cream sauce, with a little parsley cut fine on the top.

### BAKED FISH WITH ONIONS

Place fish in baking dish with small whole onions around it, pour over about one cup of water and add slices of onion on top. When the fish is tender and the onions brown, serve on a hot platter.

### BAKED TROUT WITH MUSHROOMS

Bake trout plain. Stew one quart of mushrooms slowly for about thirty minutes. Add cream sauce to mushrooms and pour over fish and bake a short time.

### BAKED FISH WITH DRESSING

Place the piece of fish in baking pan. Grind a portion of whole wheat bread, celery, parsley and onion, mix in bowl with whipped egg. Mix well and stuff the fish, pouring over a little

melted butter. Use a little water, and as the fish absorbs it add more. When tender serve on hot platter.

### FISH EN CASSEROLE

Place fish in baking pan, pour over the fish a sauce made of tomatoes, onions and celery, add a little water and bake well. The fish can also be sliced and served the same way. It can be boiled and cream sauce poured over, with a little chopped parsley. Sprinkle with whole wheat bread crumbs and bake in a casserole.

### CREAMED SHRIMP

Make a cream sauce; pour shrimp into the sauce. Add a large lump of butter. This can be served on toasted whole wheat bread if desired.

### ESCALLOPED CRAB

One pint of crab meat, a lump of butter, one cup of milk, two eggs, one cup of whole wheat bread crumbs, one tablespoonful of whole wheat flour. Bake about 45 minutes.

### CREAMED CRAB

Pick the meat of the crab into small pieces and serve the same as shrimp.

### CRAB WITH DRESSING

It can be cracked and served as "cracked crab," or remove the crab from the shell and serve with mayonnaise dressing.

### ESCALLOPED LOBSTER

Prepare the same way as scalloped crab.

### ESCALLOPED OYSTERS

One quart of oysters, one cup of milk, one egg, a lump of butter, one and a half cup of whole wheat bread crumbs. Grease the baking dish with butter and put in a layer of bread crumbs, moisten with the oyster liquor, cover with a layer of oysters, dot with butter. Place a layer of crumbs next and proceed until all is used. Finish with a layer of bread crumbs. Beat the egg in the milk and pour over all. Bake about fifty minutes, uncover and let brown.

## OYSTER STEW

Heat whole milk and when nearly to the boiling point add oysters, when thoroughly heated through add a large lump of butter and serve in hot bowls.

## CREAMED OYSTERS

Drain off the oyster liquor and boil the oysters in a very little water with a lump of butter. Make a cream sauce using a little whole wheat flour and milk added to the juice from the oysters. When of the desired thickness, pour over the oysters and serve in hot dish.

Fish is a basic food, and when served it should be served with green vegetables. Oysters should be fat to be good; they are a wholesome food if properly cooked. They should never be fried as that makes them very hard to digest. There are many ways to prepare fish, but what we have tried to do in this book is to give you some wholesome ways to serve it. It contains protein and should not be eaten with other foods that contain protein.

### BOILED CHICKEN

Unjoint chicken and boil until tender, then it may be removed to oven and baked a short time if desired. The broth may be used for soup, or thicken with whole wheat flour and served over chicken and whole wheat biscuits, on a hot platter garnished with parsley.

### CHICKEN EN CASSEROLE

This makes a nice "left over" dish. Remove chicken from bones and add a little whole wheat gravy, a portion of green peas and diced carrots, a little ground onion if desired. Bake in medium oven until carrots are tender. Other meats may be served the same way.

### CHICKEN PIE

Prepare the chicken the same as above, and bake with a whole wheat crust, with or without the vegetables.

### ROAST CHICKEN

Select a chicken the desired size and stuff egg, a lump of butter, one and one-half cups

wheat bread one onion, one stalk of celery, one cup of milk, one egg. Bake until tender in self basting roaster. Chestnuts may be added to flavor if desired. And some like peas mixed into the dressing.

Other fowls, such as duck, goose, turkey, etc., may be prepared in any of the above ways.

### CHICKEN WITH DUMPLINGS

Unjoint the chicken and boil until tender, then add dumplings made with whole wheat flour as follows: Two eggs, one-fourth cup of sweet cream, one teaspoonful of Royal baking powder, whole wheat flour enough to make stiff. Drop into the boiling broth and boil about fifteen minutes.

### CHICKEN SOUTHERN STYLE

Unjoint the chicken and roll in egg and whole wheat bread crumbs, brown in butter on both sides, pour boiling water over and cover. Bake until tender and remove from pan and make a gravy with whole wheat flour.

### BELGIAN HARE

Prepare the rabbit the same way as the chicken southern style. If it is not tender when dry add more water—the longer it bakes the better. A young rabbit will be thoroughly cooked in two and one half hours.

### MEAT STEWS

Meat stew with vegetables is the least harmful of the red meats, as the meat is offset by the vegetables.

Select a small piece of meat and boil with carrots, parsnips, turnips, and any other vegetables desired.

Always use as little salt as possible.

## Twenty Days' Menus

The menus which follow are not for the invalid. The object is to arrange a meal that is not composed of acid-forming foods.

These will teach you the principles of arranging your meals. We would not have you think they cannot be changed. If you will follow the principles as laid down in these menus and eat only a small quantity you will soon see the effect on your body's condition.

If you will study the average menu prepared by the average housewife you will find it consists mostly of white flour (starch), sugars and meats. All acid-forming foods. We have endeavored to give you a balanced meal, a meal that will nourish your body and still give you plenty to eat. It does not require so large a quantity when all you eat is real food and creates no acids in the system.

**SUNDAY**

## BREAKFAST

Stem of grapes

Oat meal mush

Milk

## LUNCH

Combination salad

Whole wheat bread and butter

Honey

## DINNER

Chicken with whole wheat dumplings

Sliced tomatoes

Green peas

## MONDAY

## BREAKFAST

### Shredded Wheat biscuit, with cream

### Baked apple with raisins

Postum or hot water

## LUNCH

## Pea soup

### Slice of bran bread and butter

## Milk

## DINNER

### Creamed carrots

### Whole wheat bread and butter

## Fish

### Sliced tomatoes

**TUESDAY****BREAKFAST**

Banana with cream

Boiled rice (unpolished) with honey

Postum

**LUNCH**

Cottage cheese

Baked onions Milk

Whole wheat bread and butter

**DINNER**

Puree of pea soup

Spinach Green salad

Bran bread and butter

## WEDNESDAY

## BREAKFAST

## LUNCH

Vegetable soup  
Whole wheat bread and butter

## DINNER

Baked squash	
Whole wheat bread and butter.	
Raw salad	Milk
Buttered carrots	

## THURSDAY

## BREAKFAST

### Corn meal mush (the pure corn meal)

## Sliced pineapple

## Nuts

## LUNCH

## Fruit salad

### Whole wheat bread and butter

## DINNER

## Bean soup

### Whole wheat biscuits and butter

**FRIDAY****BREAKFAST**

Coddled egg

Whole wheat toast, buttered

Milk

**LUNCH**

Clam soup

Whole wheat bread and butter

Sliced tomatoes

**DINNER**

Cucumber salad

Sliced tomatoes

Fish

**SATURDAY****BREAKFAST**

Roman meal porridge with cream or butter  
Whole wheat muffin.      Dish of prunes  
Postum or hot water

**LUNCH**

Milk  
Head lettuce                      Baked potato

**DINNER**

Green salad  
Cauliflower, cooked as preferred  
Whole wheat bread and butter  
Baked beans

## SUNDAY

## BREAKFAST

### Shredded Wheat biscuit with fruit

## Cottage cheese

### Postum or hot water

## LUNCH

### Apple and raisin salad

### Corn bread and butter

## Honey

## DINNER

### Corn on cob

## Green peas and carrots

## Health bread and butter

### Whole wheat cake

## MONDAY

## BREAKFAST

Whole wheat (cooked thoroughly) and cream  
Rice muffin  
Honey

## LUNCH

## Pear or peach salad

## DINNER.

**TUESDAY****BREAKFAST**

Orange

Whole wheat toast

**LUNCH**

Nuts

Vegetable soup

Health bread and butter

**DINNER**

Baked sweet potato

Baked parsnips

Raisin pie

Whole wheat biscuit

**WEDNESDAY****BREAKFAST**

Roman meal porridge

Soaked figs

Nuts

**LUNCH**

Cream of celery soup

Whole wheat bread and butter

Honey

**DINNER**

Green salad

Stewed corn

Whole wheat biscuits

THURSDAY

## BREAKFAST

### Rolled oats with butter

### Sliced oranges with nuts

## Postum

### Graham muffin and butter

## LUNCH

### Asparagus on whole wheat toast

## Milk

## DINNER

## Boiled turnips

## Brussels sprouts

### Bran muffins and butter

## Honey

**FRIDAY****BREAKFAST**

Fresh raspberries with peanut cream  
Whole wheat muffin  
Honey

**LUNCH**

Baked apple  
Health bread and butter  
Milk

**DINNER**

Meat stew with vegetables  
Whole wheat or bran bread and butter

## SATURDAY

## BREAKFAST

## Baked banana with nuts

## Whole wheat biscuit and butter

## Postum

## LUNCH

## String beans

## Lettuce

### Whole wheat bread and butter

## DINNER

## Green salad

### Buttered beets

### Corn bread and butter

## Honey

**SUNDAY****BREAKFAST**

Oat meal with cream	Poached egg
	Bran
	Postum or hot water

**LUNCH**

Corn on cob	Green salad
	Whole wheat bread and butter
	Milk

**DINNER**

Chicken en casserole	
Sliced tomatoes	Steamed potatoes

**MONDAY****BREAKFAST**

Melon

Baked potato

Milk

Nuts

**LUNCH**

Swiss chard

Corn on cob

Cottage cheese

Bran muffin and butter

**DINNER**

Buttered beets

Green peas

Whole wheat bread and butter

Whole wheat cake

**TUESDAY****BREAKFAST**

Cantaloupe	Poached egg
Corn bread	
	Honey

**LUNCH**

Corn on cob	Green salad
	Table raisins

**DINNER**

Vegetable soup	
Baked Lima beans	
Whole wheat bread and butter	
Ice cream	

**WEDNESDAY****BREAKFAST**

Fresh cherries

Graham muffin

Honey

**LUNCH**

New potatoes with green peas

Buttermilk

Whole wheat bread and butter

**DINNER**

Cream of celery soup

Green salad

String beans

Bran muffin

**THURSDAY****BREAKFAST**

Baked bananas with nuts

Roman meal with cream

Rice muffins

**LUNCH**

Lettuce and celery

Whole wheat bread and butter

Nuts

Cottage cheese

**DINNER**

Baked sweet potato

Carrots and peas

Raw salad

Health bread

**FRIDAY****BREAKFAST**

Whole corn

Soaked and cooked about twenty-four hours with cream

Dates and raisins

**LUNCH**

Creamed new potatoes

Whole wheat bread and butter

Milk

**DINNER**

Potatoes on the half shell

Sliced tomatoes

Fish

## Children's Menus

There are a few things the mother of every child should know. She is not to feed the child what it desires but what she knows will build a body. It is her business to educate the taste of that child as well as its mind. If she begins by bringing home candies every time she goes to town she will soon have a sugar tooth developed until everything eaten will have to be sweetened. This means that the child will soon be filled with acid-forming foods which will soon result in rash, pimples, irritability, bad teeth and many other troubles such as tonsilitis, croup, and all children's diseases.

If your child is subject to all the common diseases, then he is suffering from an over-supply of acid in his blood.

In case you have difficulty in getting the proper foods eaten by the child you can always fool them and feed them at the same time. In cooking vegetables always drain some of the water and pour it into the milk or make them an extra bowl of soup with this vegetable water added. By this means you give the child all the mineral it needs and thereby save its teeth and prevent rickets and tuberculosis and many other ailments.

## MENUS FOR ONE WEEK FOR NORMAL CHILD, AGE 3 TO 6 YEARS

## MONDAY

## BREAKFAST

### Shredded Wheat biscuit with cream.

## DINNER

Vegetable soup (vegetables chopped fine and  
WELL cooked)

### Creamed cauliflower

### Baked squash with butter

Raisin pie (crust made of whole wheat flour)

## SUPPER

The evening meal for children should always be very light. Bread and milk or something equally wholesome. Whole wheat crackers or shredded wheat biscuits may be used.



**TUESDAY****BREAKFAST**

Roman meal porridge and cream  
Whole wheat toast, buttered  
Sliced pineapple

**DINNER**

Cream of celery soup  
Sliced tomatoes  
Parsnips (mashed, if preferred)  
Slice of whole wheat cake

**WEDNESDAY****BREAKFAST**

Coddled egg

Whole wheat muffins and butter

Baked apple

**DINNER**

Bean soup (do not parboil nor use soda)

Baked spinach

Green peas

Brown rice custard

**THURSDAY****BREAKFAST**

Whole corn meal mush (not the denatured corn meal; be sure you have the whole corn)

Fresh strawberries

Whole wheat biscuit and butter

**DINNER**

Baked sweet potato

Boiled onions                      Glass of milk

Roman meal bread (see bread)

**FRIDAY****BREAKFAST**

Baked banana

Graham muffin and butter

Honey                    Milk

**DINNER**

Puree of pea soup

Asparagus

Cottage cheese            Bread and butter

**SATURDAY****BREAKFAST**

Stewed figs (those not bleached with sulphur)  
Steel cut oat meal with cream or butter  
Milk

**DINNER**

Creamed carrots (or with butter sauce)  
Buttered beets  
Bran bread and butter  
Nuts

**SUNDAY****BREAKFAST**

Apple sauce

Whole wheat toast and butter

Dates

**DINNER**

Chicken soup

Stewed chicken (en casserole)

String beans

Swiss chard or other greens

Bread and butter

As the child grows older there can be more solid food at night. Never have a late evening meal. The stomach should be empty at the time of retiring or nearly so, as the child cannot sleep well on a full stomach.

These menus do not have to be used just in this order. Substitute vegetables or soups. Also fresh fruits and lots of raisins. Honey may be used freely as it is a natural sweet.

#### A HOME RECIPE FOR CHILDREN

Select a few nice ripe tomatoes (not canned), squeeze them into a pulp, drain through a sieve and put the juice through a cheese cloth. For each tablespoonful of juice add the same portion of PURE strained honey. Make this into a syrup and give about one-fourth teaspoonful to a baby three months to six months old, about three times daily. The amount may be increased to suit the age of the child. This has been known to overcome constipation and correct indigestion.

## MENUS FOR A NORMAL CHILD, 6 TO 12 YEARS OF AGE

## MONDAY

## BREAKFAST

## Cereal

Any wholesome one; never use wheat hearts, cream of wheat and other denatured products

Ripe peach

### Roman muffins and butter

## Milk

## LUNCH

### Tender cabbage

## Baked potato

Piece of loaf cake

Made of whole wheat flour

## DINNER

### Boiled rice

### Health bread and butter

## Milk

**TUESDAY****BREAKFAST**

Baked banana with cream

Coddled egg

Roman meal bread and butter

**LUNCH**

Vegetable soup

Asparagus

Baked potato

Milk

**DINNER**

Boiled onions

Cottage cheese

Milk, bread and butter

## WEDNESDAY

## BREAKFAST

## Cantaloupe

### Whole wheat toast and butter

Honey

## LUNCH

## Cream of asparagus soup

## Fresh fruit pie

### Whole wheat flour and dark brown sugar

## DINNER

## Baked sweet potato

## Health bread and butter

## Honey

**THURSDAY****BREAKFAST**

Prunes	Cereal
Whole wheat gems and butter	
	Milk

**LUNCH**

Vegetable or cream soup	
Baked spinach	
Brown rice custard	

**DINNER**

Mashed parsnips	
Cottage cheese	Bread and butter

**FRIDAY****BREAKFAST**

Fresh fruit

Graham muffins and butter

Honey

**LUNCH**

Raw carrot salad

Cauliflower

Fish with cream sauce

**DINNER**

String beans

Whole wheat bread and butter

**SATURDAY****BREAKFAST**

Cereal	Honey
Dates and nuts	
Health bread and butter	

**LUNCH**

Sliced tomatoes	
Greens	
Milk	Baked potato

**DINNER**

Whole wheat bread and butter	
Creamed carrots	
Milk	

## SUNDAY

## BREAKFAST

## Whole Wheat biscuit and butter

## Baked banana

## Milk

## LUNCH

Chicken with dumplings (made with whole wheat flour)

## Raw salad

## Milk

## DINNER

## Cream soup

## Health bread and butter

## Milk

NOTE: The child does not require as much whole wheat bread as they do of the white flour bread. It will require some patience with the child while reducing its quantity of bread.

# General Suggestions

## FOOD THAT BUILDS RED BLOOD

Nothing is more important than an abundance of red blood. Good rich blood insures one against attacks of all diseases. It is your standing army. If your face is colorless, then you are not giving your system the material needed to build blood, or there is something that is destroying your blood. As a rule both conditions exist. The foods that are best adapted for the making of blood is often the least eaten and those foods that destroy your blood are the most eaten.

## DESTRUCTIVE FOODS

In mentioning these I know I will mention many of the most consumed foods on the average table.

All starchy foods such as potatoes peeled and cooked and drained. All white flour products, macaroni, spaghetti, tapioca, noodles, dumplings, sago, polished rice, pastries made of white flour and granulated sugar, candies, syrups, patent breakfast foods such as cream of wheat, Farina, and all demineralized grains.

These are all starchy foods and fill the system with so much acid forming material that the eliminative organs are overworked and are unable to eliminate the waste matter of the system, which soon results in impure blood, causing pimples, rash, eczema, fevers and many other ailments.

They not only destroy your blood but these foods take the place of wholesome foods, leaving the system suffering for the materials needed in its work of repairing the body.

### CONSTRUCTIVE FOODS

Constructive foods are those that add no burden to the system but furnish it material for all its needs.

When the mother realizes that the finished product of the food she is feeding her family is blood, and that this blood is the thing that determines the future health, happiness and success of her children, she will give more heed to the quality of food she is serving than she will to the desire to satisfy their tastes for fine pastries, etc. She will no longer let the child select its food but will prepare only those that are suited to its needs and thereby educate its

taste for blood building material.

Meals that are prepared with whole wheat flour used in everything instead of white flour will do much to bring about one of our greatest needs in food reform.

Such foods as cabbage, spinach, carrots, parsnips, onions, beets, celery, lettuce, potatoes and cucumbers and all garden products are blood building foods.

### SPECIAL PREPARATIONS FOR BLOOD

The large majority of people are suffering for the mineral salts that are needed in the body and yet are eating foods containing these salts continually. This is not the fault of the foods but rather of the way in which they have been prepared. The method of cooking has destroyed so much of their value that there has been but a small quantity of material left with which to make blood.

You have peeled the potatoes and thrown the peelings away. Then you boiled the balance and extracted all the mineral substance and poured that down the sewer. What have you left? Nearly all the mineral salts are just beneath the skins and when they are peeled the

largest amount of their food value is destroyed. Then after boiling and extracting all the strength from what is left, what have you for your body? Nothing but a lump of starch. This is true of all vegetables you peel and boil and drain. These should be cooked down in their own water, and by so doing they retain all their food value.

Eat all foods raw that can be so eaten as then they loose nothing by the process of cooking.

Select a number of potatoes and clean them thoroughly with a stiff vegetable brush; peel them and boil the peelings until they are tender. Drain this water off and drink about one-half glass a day. Do not take it on an empty stomach, as it contains so many mineral salts it might make you sick. Take it after any meal desired. Add milk or butter if it will make it more palatable. It can be taken hot or cold as desired. Boil the peeled potato until tender and drain and add this water to other vegetable waters.

Clean thoroughly other vegetables, such as carrots, turnips, parsnips, onions, cabbage and any other vegetables you can get and boil to-

gether in a large kettle, let boil about one and a half hours or until very tender. Drain these and drink very freely of the waters. Do not use the vegetables as all the body building material has been extracted. Use more of one vegetable than of the rest if there is one you do not relish.

The object of the water is to get all the mineral salts that the vegetables contain, and in this way the system can be supplied much more quickly with blood material, as you can get all the mineral salts in a few hours from the water that would take days to consume in vegetables.

Unless you do this the system has nothing to make a supply of rich red blood out of. **DO NOT USE SALT.** Get your lime and iron and other chemicals in this way and you will not have to resort to tonics and pills and wonder why your face is pale. You do not have to be afraid of taking too much of these waters, as they cannot injure you. You are only getting the chemicals God has created for you and just this simple remedy has worked wonders for all who have tried it.

### SPECIAL BLOOD BUILDER

Bran also contains an abundance of mineral salts. Take about two cups of bran and put it in a sack made of cheese cloth. Cover with boiling water and let this steep for several hours. Remove the sack from the water and squeeze out all the fluid from the sack and drink about one-half glass of this each day. You will be able to tell how thick to make it after you have made it a few times. KEEP ALL THE WATERS IN A COOL PLACE AND DO NOT LET THEM SOUR.

## OBESITY

Obesity is one of the most difficult conditions to overcome as it is very difficult to secure the continued co-operation of the patient.

This condition is the same as all other diseases in that there must be a cause. The treatment for reducing must be governed by the cause.

In one person you will find the cause to be a life of inactivity. Another is a glutton. Another eats nothing but sweets and starches. Many are guilty of all of them. Others are suffering from congested livers and their elimination is so poor that much of what they eat is retained in the system.

## TREATMENT

You must diagnose your own case. If it is gluttony, then stop it. If it is inactivity, then get busy. If it is eating too much sweets and starches, then change your diet. You know better than anyone where the trouble lies.

## DIET

Follow our regular twenty-day menu. Omit breakfast if possible, or use nothing but fruit juices. Eat small quantities at all times. Con-

sume all the raw vegetables possible at each meal. Learn to eat and be contented with a meal made from raw cabbage, carrots, fruits, and any other green vegetables, nuts in small quantities, whole wheat bread, little butter, skimmed milk, buttermilk.

Do not cook and drain your vegetables. Cook them down in their own water or drain them and drink the water, as your system is no doubt starving for large quantities of mineral salts, which may be one of the causes of your condition. Eat plenty of shredded wheat biscuits for the bowels. Eat Roman meal or bran if needed to keep them moving.

### MAGNETIC TREATMENTS

Have some friend treat you daily for about thirty minutes or more. Place the right hand on the front over the liver and the left on the back opposite the right hand. Keep them moist if there is any tendency to dryness. Maintain a firm pressure all the time. Massage the base of the brain and the whole spine, well. It will become very sore, but continue the massage and the soreness will soon leave. This is very helpful.

## INFLUENZA, LA GRIPPE, COLDS

The treatments for these troubles are practically all the same. Regardless of the real cause they respond to the same treatment. The treatment that will break up a cold will also cure the flu.

The first thing that is essential in the successful treating of these troubles is the removing of all fear that they have to die or that there is any reason for dying because they have the flu. Fear has killed more than any other one cause except drugs, such as aspirin, anti-pain pills and all such advertised as a sure remedy.

When you teach them that nearly all the deaths are due to fear and drugs and the unwise care they take of themselves when recovering, you have removed all fear and there is but little chance of ill results from these causes. It is a well known fact that no drugless system lost any flu cases.

The next thing to do is to go to bed. Stop all foods except fruit juices, but use them as freely as you like.

Take an enema daily, with water as hot as

you can hold your hand in without discomfort.

Massage the base of the brain well. Hold the left hand on top of the head and right on the back of the neck, for about fifteen minutes. Moisten the hands and gently stroke the forehead backwards over the top of the head. Also stroke the eyes well. Do this as long as you wish. Afterwards place the left hand over the back of the neck and the right down over the small of the back. Then after fifteen or more minutes place the left where you had the right and place the right over the liver. Let the treatment cover an hour or more. If the case is severe, repeat this treatment twice daily. Give it time to take effect and you will never lose a case or have it to develop pneumonia. Do not let the patient up for a couple of days after he is sure he is well. Do not let him go out for several days after, as this is the most dangerous time. Follow these instructions and you will have no need to worry about results, as I have never lost a case where they have followed instructions.

### WHOOPING COUGH

There is possibly no disease among children that is so destructive as whooping cough. It

numbers its victims by the tens of thousands. It leaves its victims weakened and in serious conditions. It is the open door for many other diseases. The young mother often ignores the seriousness of this disease and gives but little thought concerning it.

The medical doctor can do practically nothing. This is the reason why there are so many deaths or serious results. A remedy never has been found.

In what follows you will find a method of treatment that has never failed in any case I have ever used it in. I do not say it is infallible, but it has always proven trustworthy in every case that I have tried it. It is harmless and will do the child good regardless of the cough.

### TREATMENT

Stop all heavy foods as soon as there is any sign of the appearance of the whooping cough. Give a liberal supply of fruit juices and vegetable waters. Relieve the stomach of all work for a couple of days or more and it will do no harm. Treat the liver and stomach with magnetism twice daily by moistening the hands in water and placing the right hand over the

stomach and liver and the left hand on the back opposite the stomach. Hold them in that position for at least thirty minutes. It will do much good in many cases to reverse the hands for several minutes. In some cases it is well to treat with the left in front at first and the right at the back. If there should be much soreness over the liver and stomach you will find that it will disappear after a few treatments.

My reason for this treatment is that I believe the trouble is not in the throat but in an inflamed liver or stomach, and the cough is only a reflex, and therefore any treatment applied to the throat will fail. It is a fact that all treatments have failed, therefore we can conclude that they have not found the real cause.

The fact is that this treatment has never failed and I believe I am warranted in affirming that whooping cough is not a disease of the throat but of the liver or stomach.

## HEADACHE

There is nothing that is so annoying as headaches. So many suffer with them until they become so accustomed to suffering that they

think there is no remedy. They have taken so many different headache tablets and received no permanent relief and are suffering and making no effort to do anything.

### CAUSES

This is the same as all other ailments, there is a cause which you have never found or if you have found it has never been removed.

The cause of your headache may be in too much blood in the head, or not enough. This you can determine by the color of the face. It may be due to gas in the stomach, which crowds the descending blood vessel which leads from the heart, forcing the heart to pump the blood toward the head. Or it may crowd the vessel that carries the blood back to the heart, and that will cause an insufficient supply of blood to the head.

An enlarged liver will do the same. Various female troubles will also cause headaches. Certain conditions of the stomach will produce the same results. Congestion of the muscles at the base of the brain will also produce serious headaches.

## TREATMENTS

Seek to produce a perfect circulation of the blood through the brain. Massage the base of the brain well. This will hurt, but will of itself cure many chronic headaches. Repeat this every day. You must persist in massaging the places that are sore as that is evidence of congestion.

If it is gas on the stomach then you must correct the diet. Eliminate all sweets, starches, and stimulants of all kinds. Eat only sparingly. Missing a few meals will aid your recovery.

If it is the liver, then stop all eggs, meat, coffee and tea. Eat plenty of whole wheat bread, shredded wheat biscuits, soaked prunes, and figs, eaten uncooked or unsweetened. Eat lettuce, celery and all green foods liberally.

Treat the liver with magnetism with the right hand over the liver and the left on the back. Repeat this daily, taking half an hour for each treatment. Keep the hands moistened in warm water.

Regardless of the cause it is well always to massage the base of the brain.

## ECZEMA, RASH, PIMPLES

Nothing is more embarrassing than to have your face covered with pimples. Nothing is more annoying than to be covered with eczema and have to be smeared with some kind of salves all the time.

### ITS CAUSE

It is only an effort of the system to aid the liver and kidneys in ridding the system of impurities that could not otherwise be eliminated.

It is the result of filling the system with foods that are acid forming. It can also be due to the lack of certain chemicals that are needed in the system to neutralize certain poisons. It can be the results of bad food combinations that form poisons. This much is always true—it is nothing but impurities which the system is trying to eliminate.

### TREATMENTS

Do not use salves or ointments as they work directly against nature. Why should you seek to drive back into the system what the system is trying to get rid of? If it did not aid the eliminative organs by opening up the pores, you

would find yourself in a serious condition that might produce fatal results.

If it is an acute attack, then stop all foods for a few meals and take nothing but orange and lemon juices mixed. Drink several glasses daily. Also use grape fruit, grape juice, pineapples, or any other fruits obtainable. A fast of several days will bring instant relief in almost all cases. When you begin eating, eliminate all starchy foods, sugars, meats, and eat only whole wheat bread, butter and all the green vegetables obtainable. If they are to be cooked then cook them down in their own water, or if drained, then save the water and drink freely of it. There is nothing better than to cook ~~up~~ large quantities of vegetables for a couple of hours with plenty of water, then drain and drink freely. Live on this water for several days with your whole wheat bread and butter, celery, lettuce, uncooked tomatoes, cabbage and and green vegetables you can eat raw. If this does not produce results we will welcome a letter from the one suffering.

## CONSTIPATION

There is no one trouble that is as universal as constipation. It produces more ailments than any other wrong condition of the body. The waste matter lies in the colon and is reabsorbed and returned to the blood stream, and is again carried through the whole system and deposited in the joints and various other places, causing rheumatism, swelling of joints, etc.

## ITS CAUSE

There are many causes. Therefore there must be as many methods of treatment. In most cases it is due to the food. Eating too much starchy food, coffee and tea, inactivity or the lack of exercise, failure to go to the toilet when nature calls, bad liver condition or anything that will stop the flow of the bile, nervousness, or the drinking of no liquids, all are causes of constipation.

## TREATMENTS

Examine yourself and learn as nearly as possible where your trouble lies. If it is your food, then change it. No amount of pills will ever cure constipation. You must remove the

cause. Eliminate all sugar, white flour products, all starchy foods and consume plenty of fruits. Eat whole wheat bread, Roman meal or oat meal with about one-fourth bran cooked in it. Stop all tea and coffee, candies, pastries. Eat all the raw food possible; combination salads, etc. When cooking vegetables, do not drain them when done but cook them down in their own water, or drain it off and use it in the soup or drink it. Eat sparingly at all times.

It may be well to use an enema for a couple of days to be sure the colon is clean. There are but few cases of constipation that will not respond to this diet. In case it does not we would welcome a letter giving the full history of your case.

Use our recipe for bran bread, as it has cured many cases of many years standing.

### DYSENTERY

There is nothing that destroys the vitality of a person as quickly as bowel trouble. It numbers its victims in the summer time by the thousands. This trouble has always responded to the method of treatment I will give you.

## TREATMENTS

Stop all foods. Use fruit juices liberally. Take the juice of two oranges and one lemon and mix. Or add some juice of pineapple or grape fruit. Make any mixture the patient relishes and give it often and liberally. Use the left hand in front and the right in the back for thirty minutes to one hour, as the severity of the case may demand. It is not well to stop them too suddenly. Give the treatment time to take effect. Twenty-four to thirty-six hours will and has stopped any case I have ever seen.

Some times it is well to reverse the hands and give an opposite treatment after the trouble is over.

## FEVERS

The same treatment is suited for all fevers. Stop all foods. Give liberally of fruit juices. If possible give sweats. The feeding of fever patients will only aggravate the fever and prolong it. Keep the bowels open with enemas. Never use pills.

## PNEUMONIA

Determine the location of the congestion. Use the left hand over the place that it congested and the right hand opposite the congestion. Illustration: If the congestion is in the front part of the right lung, place the left hand over it and the right hand on the back of the body opposite the right hand as nearly as possible. If the congestion is in the back of the lung then reverse the treatment from what you would give if it were in the front of the lung.

## TYPHOID FEVER

The same treatment as in all fevers. Feeding this fever is the cause of so many deaths. It is a disease of the intestines. They should not be given any work to do. This fever usually runs from three to six weeks.

## TREATMENTS

Give nothing but an abundance of fruit juices, butter milk and Bulgarian milk. Do not give the juices at the same time you give the milk. Wait until the stomach is empty of milk before giving any juices. Bathe the patient daily

or more often if the occasion should require. If you have a sweating blanket, use it daily. Keep the bowels open with an enema daily.

Treat the abdomen daily with the right hand and the left on the back, opposite the right. It might be well to treat some cases twice daily for the first two or three days. I have never seen this remedy fail to handle the most obstinate cases of typhoid fever. As a rule it will break the fever in two or three days and I have seen it stop after the first treatment.

If the patient is hot and suffering from the fever then moisten your hands and stroke his head downward, extending the stroke to the feet. Do this next to the skin. Give all treatments next to the skin.

Be patient and you will be surprised at the results. If you should call in a physician you can give these other treatments without interfering with the doctor's treatments. Do not let him know what you have done and he will express surprise at the quick recovery.

### FASTING

There is a wide difference of opinion on the subject of fasting. There are many to sing its praise while others are ready to condemn even

the principle of fasting. Whether it is right or wrong, this much is true—man is the only creature that attempts to eat when he is sick.

I believe in the question of fasting as I do in all other remedies; it depends on what is wrong with you. If you are starving for the chemicals to repair your body, then fasting is not right, but if you have been a large eater and are filled with impurities such as show themselves in eczema, rheumatism, swelling of the limbs, dropsy and obesity, and all such diseases, you will find great relief in a fast.

There are different fasts to be taken. You can stop all foods except fruit juices. Drink them freely.

If you miss one meal you have taken a fast. If one is good why not try two or more meals? If you do not desire to go on a complete fast, then eat only a small quantity three times a day. Or, if possible, omit breakfast or one meal during the day—or two if you can.

My experience with fasting has taught me that there is one big cause back of all disease and that is a system filled with impurities.

In one case there were bad bunions and corns and during the fast they entirely disappeared,

showing that the real cause of corns is impurities in the system. The system, in an effort to clean itself, deposits its poisons in the feet and the shoe rubs against them and there is the starter of your corn.

The first three days of your fast will be the hardest. If you are weak, remain in bed and the weakness will soon pass away. Your tongue will become coated and your breath very bad. Avoid all company possible as they will discourage you by telling you of deaths and all such trash. When your system is clean, your tongue will become clean, breath sweet, and there will be desire for food. Do not attempt to do much work because you feel well. Take it easy and remain quiet in both body and spirit and you will find great relief from many ailments.

When you would break the fast, begin with fruit juices for a day or two, then milk for several days and then some green vegetables and then eat as described in other parts of this book. Do not take any pills during this period, but use an enema daily if needed.

## Babies

The feeding of babies is one of the most difficult problems that confronts the mother or nurse. This is especially true of bottle fed babies. Many of the patent foods are not suited to the needs of some children. When you stop and think that there are several hundred thousand babies that die every year we must believe there is some great cause back of this somewhere.

If the child is nursing and is not doing well then it is the fault of the mother in her eating. She is in the habit of drinking tea so as to make plenty of milk for the baby. The thought as to the effect of pouring that tannic acid into the child's system is never taken into consideration.

Good cow's milk is always the best substitute if it can be had. If not, I have found Horlick's Malted Milk has given the most satisfaction.

In order to give the child all the material needed in its efforts to build a body you can do nothing better than to take the water that is drained from the cooked vegetables and add

a few tablespoonfuls to each bottle of milk. If there should be a deficiency in the milk this will avoid the fatal results due to a deficiency of mineral salts in the patent milk. It is well to feed babies fruit juices and plenty of water.

You never make a mistake in treating the abdomen with the right hand and the left on the back. If there is soreness it is well to use the left on the front and the right on the back. If there is soreness in the chest then use the left hand on the front of the chest and the right on the back. Always keep the hands moist. It is helpful in some cases of trouble in the chest to treat under each armpit, using the hands the same. Massage the spine well often, as this is soothing and strengthening.

### TONSILITIS

There are thousands every year who have their children's tonsils removed. We have been taught that they are the cause of many of our ailments, therefore they should be taken out.

Why should any part of our body be cut out because it gets sick? We do not think of amputating our fingers if they become inflamed—why should we amputate our tonsils? The real

trouble is that we have not yet discovered the cause for their condition. There is a reason for them inflaming as there is if your fingers inflame. When we learn that cause and remove it then there will be no reason for removing the tonsils.

### CAUSE

There is, as a rule, but one cause and that is that the child has eaten too much acid-forming food. He is as a rule a large consumer of candies, or starches such as pastries; and meats, and eats but little of the raw fruits and vegetables that will neutralize these acids. The acid settles in the tonsils and they then inflame and the result is that the cause is never removed but only the effect.

### TREATMENTS

To give instant relief, massage the tonsil lightly with the left large finger and thumb, placing the large finger on the right tonsil and the thumb on the left tonsil. Place the right hand on the back of the neck and then lightly massage them and hold the hands in this position

for about half an hour. If the case is bad repeat twice daily. I have never seen this fail if given as prescribed. Continue these treatments for many days after the inflammation has passed and it will insure against a return. If it does not, then repeat the treatment before the attack becomes too bad.

Correct the diet as you see it to be the cause and you have done as much for your child as it is possible for any medical doctor to do. Keep the bowels open with syringe but never with pills.

### EARACHE

Possibly there is nothing that gives the mother more trouble than a baby crying with an earache or an abscess in the ear. They are not only painful to the child but may destroy its hearing partially or wholly.

### CAUSES

It is the same as tonsilitis or any other inflammation. It is due to the poisons of the system settling in the ear and producing the abscess and pain. Why it should settle in the ear I do not know but it is a fact and that is what

we have to deal with.

I have found many cases where it was caused by the poisons settling on the liver causing an enlargement, which affected the circulation of the blood by pressing back against the descending artery from the heart which carries the blood to the lower extremity of the body, preventing the blood from having free circulation to those parts, and therefore the heart had to send it where there was no obstruction, therefore it is sent toward the head, causing a congestion of the upper parts of the body. This often results in the various head conditions and often pneumonia.

### TREATMENTS

Remove all acid-forming foods and animal protein. Use an enema to be sure the bowels are clean. Feed lightly for a few days on foods that are a laxative. Treat the liver by placing the right hand over the front of the liver and the left hand over the back. Keep them moistened in warm water. Treat for about half an hour. If the abdomen is enlarged or tight then never fail to give this treatment in any case.

Place the left big finger in the ear that is

paining and the right in the other ear. Keep them moist. Or you may use the palms of the hands if it is more convenient.

You can often reduce the pain by placing a light flannel cloth over the ear and blowing long hot breaths into it. I have seen this stop all pains when other methods failed. In some cases it is well to use all methods. This treatment is just as effective on adults as children.

## Summer Outings

Why so many Blue Mondays in the summer time when the day before has been spent in the open air, automobile rides and lunches? We believe this to be one reason.

### SUNDAY MORNING

An indigestible breakfast of hot cakes, fried eggs and bacon, and coffee. This, perhaps, has been bolted in a hurry so as to get an early start. Then comes a long motor ride, and every one is as "hungry as a bear."

### ABOUT 2 O'CLOCK P. M.

A lunch in the woods of a mass of food the system has to work overtime to handle, such as white flour sandwiches, three or four kinds of cake made with white flour and refined sugar. Potato salad, made from the potato that has been robbed of all the minerals Nature put in it, cold meats, hard boiled eggs, pickles, cold baked beans, parboiled when cooked. Added to this are other things too numerous to mention,

such as "hot dogs" etc.

There has not been enough damage done and Nature outraged to the fullest extent, so each one pours down two or three cups of coffee, remarking "How good everything tastes and how wonderful to have a day in the woods."

About five-thirty someone suggests that they return to the city, but others think there must be another meal. Once again the coffee pot is put over the camp fire and the remnants of the "good eats" are consumed, more white bread, meats, beans, etc.

Do not think we do not have as many automobile trips and good dinners in the woods and enjoy them as much as anyone.

Let us tell you how we have what we believe to be a Health Dinner on holidays.

### HEALTH LUNCHES FOR OUTINGS

Personally, we do not eat breakfasts.

For lunch we make sandwiches of whole wheat bread. Any kind of wholesome bread may be used. Two kinds of bread is enough for any lunch. Make the filling of raisins and nuts chopped together and mixed with dressing, and a lettuce leaf. The other ones may be filled

with minced chicken and lettuce leaf, or something like spinach or water cress. Dates and many other fruits make nice sandwiches.

Fruit salad in apple or fruit salad in orange peeling can be packed in the lunch box easily. If you want something sweet take whole wheat cakes. Any vegetable salad is good and wholesome. (See chapter on salads.)

If you have a fireless cooker that will give you an opportunity to take hot vegetables.

Do not think it necessary to have loads of eats just because you are out for a day's rest. Give the stomach as much of a chance as you give the body and brain, and instead of feeling like the "morning after" on Monday morning, you will feel perfectly fit and ready for another week in the office.

# From the Diary of a Stomach

(Copied from Philosophy of Health)

10 a. m.—Oh, dear—another hot day! Wonder if I'll be abused as I was yesterday. If I am I'm going to strike. Just disposed of a half-chewed breakfast—we ran for the train, which meant I was jiggled about so and so tired that it took me twice as long to do my work.

10:30 a. m.—Two glasses of ice water just arrived. It will take all the energy I can pump up in the next hour to warm me up to normal again.

10:50 a. m.—Half-chewed breakfast didn't satisfy her, and she has bought some peanuts.

12 M.—Peanuts have dribbled along steadily ever since last entry. Think she has finished them.

12:30 p. m.—Decided she wasn't hungry and instead of a good, solid dinner, sent me down a cold egg-nog, heavy with chocolate. Could have managed all right if it hadn't been so cold.

1:10 p. m.—More ice water.

1:40 p. m.—Was mistaken about the peanuts. She found another handful in the bottom of the bag, and now I have them to deal with.

2:15 p. m.—More ice-water!

3:10 p. m.—She has been lifting some heavy books; as usual, used my muscles instead of her arm, as she should have done. Tired me more than digesting a six-course dinner.

3:20 p. m.—Someone has brought us a box of caramels, and she has started on them.

4:30 p. m.—Have received something like a half pound of caramels since last entry. She has just said: "Oh, dear, I don't feel a bit well. I know the milk in that egg-nog must have been sour."

4:50 p. m.—We were invited out to have a soda before going home. Had a lemon phosphate; then ran for the train.

6:30 p. m.—We played a set of tennis before dinner—all tired out and a dinner to digest.

7 p. m.—Fried potatoes, green corn, veal and blueberries—what do you know about that?

7:45 p. m.—We are going down town for a chocolate-walnut college ice.

8:20 p. m.—Got home and found someone had made a pitcher of lemonade. She drank two glasses. That on top of college ice settles it—I strike.

8:30 p. m.—Have sent back the college ice and lemonade.

8:40 p. m.—Returned the blueberries—

8:50 p. m.—and the veal.

9:10 p. m.—She has sent for the doctor. Says that college ice must have had something the matter with it. Her mother says it is probably the **weak stomach** she inherited from her father.

9:30 p. m.—Doctor says I'm just a little upset due to the hot weather. Goodnight!!!



TABULATIONS OF  
FOOD ELEMENTS AND  
VALUES

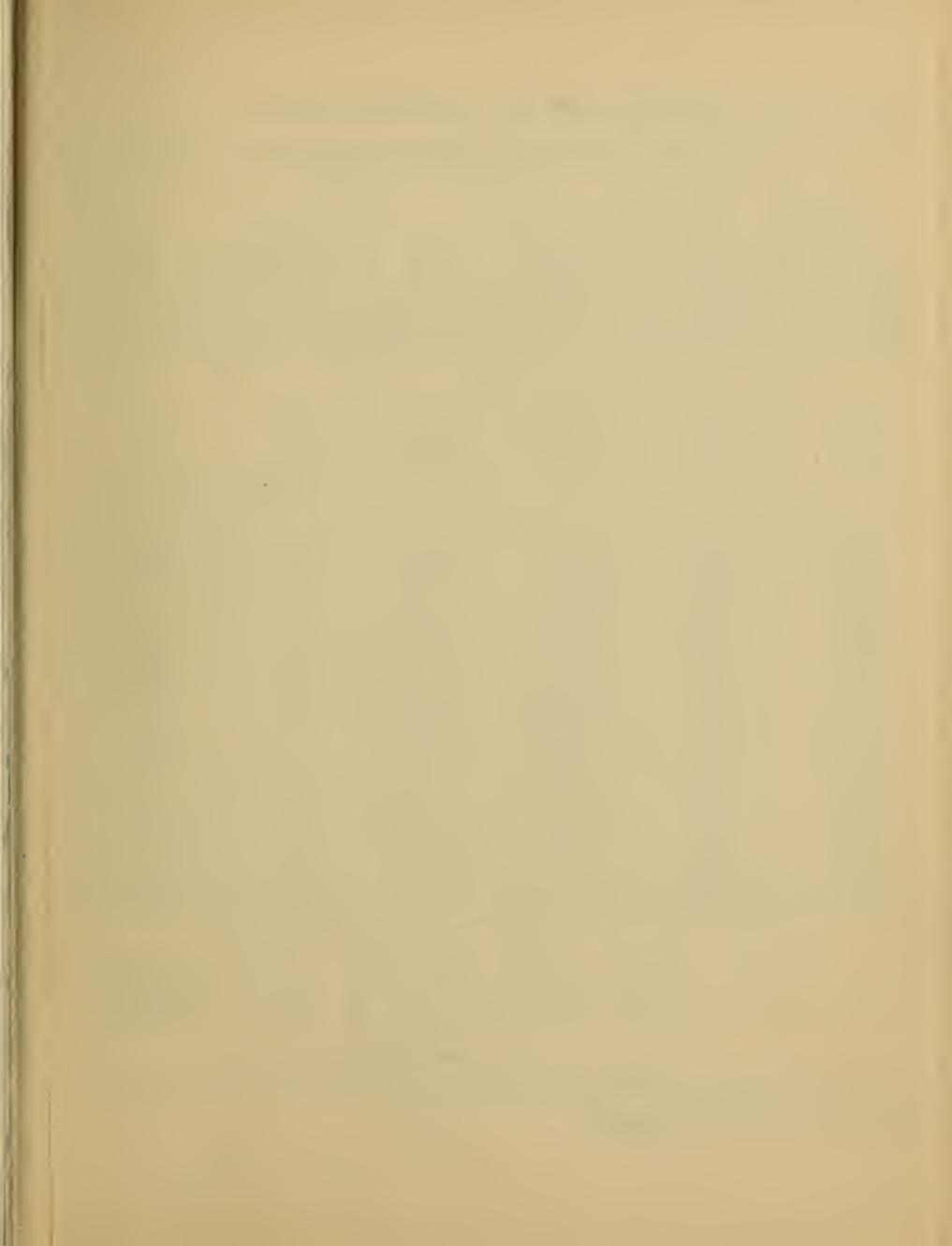


## MINERAL MATTER TO 1000 PARTS OF WATER-FREE FOOD PRODUCTS—By DR. HALSER, DRESDEN

EAT THE BEST	ARE YOU GETTING THEM?		For Syphilis, Scrofula, Mercury Poisons		For Dyspepsia, Biliousness, — Laxative		Bones, Hair Teeth, Flesh — None in Meat Hardly		Acid Stomach— Prevents Rheumatism, Gout		For Rich Blood. Purifies it of Morbid Matter		Sexual Exhaustion — Stimulates Nerve Center		Hair, Skin Eruptions — Good Laxative		Prevents Poisonous Gasses and Rids Them Antiseptic		Increases Red Corpuscles — Electricity	
	Total Salts	Potassium H <sub>2</sub> O	Sodium Na. 2 O	Calcium Ca. O	Magnesium Mg. O	Iron Fe. 2 O 3	Phosphorus P. 2 O 5	Sulphur S O 3	Silicon Si. O 2	Chlorine Cl.										
Cow milk-----	55.00	13.10	5.30	12.20	1.65	0.30	15.80	0.15	0.07	6.30										
Meat (average)-----	39.00	16.50	1.40	1.09	1.20	0.27	17.00	0.63	0.40	1.51										
Eggs-----	41.75	6.27	9.55	4.58	0.48	0.13	15.00	0.14	0.13	3.70										
Spinach-----	191.00	21.71	57.42	22.73	12.22	6.40	19.58	13.18	8.60	12.03										
Carrots-----	68.70	25.43	14.65	1.75	3.00	0.70	8.80	4.40	1.66	3.18										
Radishes-----	110.60	35.33	23.37	15.45	3.40	3.12	12.06	7.20	1.00	10.25										
Cucumbers-----	100.30	41.25	10.10	7.30	4.20	1.40	20.63	6.95	8.01	6.65										
Lettuce-----	181.00	68.00	13.56	26.80	11.20	9.91	16.60	6.90	11.65	13.85										
Cabbage-----	123.00	45.33	11.68	21.65	4.90	0.86	11.70	17.10	1.10	10.45										
Tomatoes-----	175.00	82.00	32.90	11.30	13.50	0.90	2.55	0.50	2.00	2.90										
Celery-----	180.00	48.60	65.25	14.70	6.75	1.60	14.50	6.50	4.30	17.80										
White Flour-----	5.60	1.80	0.07	0.42	0.43	0.03	2.75	----	----	0.07										
Whole Wheat-----	23.00	7.18	0.48	0.73	2.78	0.30	10.88	0.09	0.46	0.02										
Whole Rice-----	16.00	3.60	0.67	0.59	1.78	0.22	8.60	0.08	0.42	0.01										
Rice, Polished-----	4.00	0.87	0.22	0.13	0.45	0.05	2.15	0.03	0.11	6.45										
Vegetable Compound-----	97.60	22.60	27.40	9.50	5.10	4.30	10.60	5.90	5.65											
160-lb. Human Body	Oxygen 90 pounds Carbon 45 pounds Hydrogen 15 pounds Nitrogen 1½ pounds Manganese ½ ounce	3 oz.	2½ oz.	3½ lbs.	2 oz.	1½ oz.	1½ lbs.	3½ oz.	1oz.	1½ lbs. Fluorine 3½ oz.										

Mineral Matter to 1000 Parts of Water-Free Food Products







## CEREALS

## Composition of the ash in fractions of 100 parts.

	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine	Percentage of Total Salts
Barley	.04	.06	.25	.12	.61	.87	.06	1.31	.03	3.35
Buckwheat	.05	.13	.39	.02	.51	1.02	.09	.89	—	3.10
Rye	.03	.02	.24	.06	.68	1.02	.06	.03	.01	2.15
Wheat	.03	.05	.26	.07	.65	1.00	.01	.04	.007	2.12
Corn	.02	.02	.29	.04	.57	.86	.02	.04	.04	1.90
Rice	.02	.06	.15	.05	.33	.71	.007	.04	.001	1.37
Oats	.04	.06	.25	.12	.61	.87	.06	1.31	.03	3.35

## FRUITS

Composition of the ash to fractions of 100 parts.

	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine	Total Salts	Percentage of Total Salts
Gooseberries-----	.13	.28	.16	.34	1.08	.55	.17	.07	.02	2.80	
Strawberries-----	.38	1.85	—	.92	1.37	.90	.20	.78	.10	6.50	
Apples-----	.05	.86	.29	.13	1.18	.45	.20	.14	—	3.30	
Figs-----	.04	.77	.27	.56	.84	.04	.19	.16	.08	2.91	
Prunes-----	.09	.34	.13	.43	1.83	.60	.18	.15	.02	3.77	
Cherries-----	.07	.08	.19	.25	1.76	.54	.17	.30	.04	3.40	
Watermelons-----	.32	.68	.39	.72	3.24	1.01	.38	.28	.21	7.23	
Pears-----	.03	.22	.13	.20	1.40	.39	.14	.04	.01	2.56	
Grapes-----	.01	.03	.11	.26	1.29	.36	.14	.06	.03	2.30	
Peaches-----	.02	.16	.10	.15	1.04	.29	.11	.03	—	1.90	
Blueberries-----	.08	.08	.10	.13	.96	.29	.05	.02	—	1.65	

NOTE: These tables may not be exact in proportion, but will give you an idea of the comparative value of Mineral Salts that foods contain.

## VEGETABLES

## Composition of the ash in fractions of 100 parts.

	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine
Swiss Chard	.23	6.27	.76	2.11	4.49	1.94	.69	.53	.74
Dandelion	.12	1.40	1.13	2.70	5.24	1.05	.29	.94	.35
Cauliflower	.12	.73	.46	.69	5.51	2.45	1.57	.46	.42
Asparagus	.32	1.61	.40	1.02	2.26	1.75	.58	.95	.55
Butabaga	.05	.47	.32	.94	3.92	1.21	.80	.09	.55
Horseradish	.12	.26	.19	.53	1.94	.50	1.98	.82	.06
Onions	.13	.14	.26	1.29	1.91	.98	.32	.48	.13
Artichokes	.19	.51	.15	.16	2.37	.70	.25	.50	.19
Potatoes	.05	.14	.22	.12	2.73	.77	.29	.09	.16
Jima Beans	.03	.06	.38	.27	2.25	2.10	.18	.03	.10
Lentils	.07	.44	.08	.21	1.15	1.20	—	—	.15
Peas	.03	.04	.26	.15	1.38	1.15	.11	.03	.05
Pumpkins	.22	1.79	.29	.65	1.65	2.79	.20	.62	.03

## NUTS

### Composition of the ash in fractions of 100 parts.

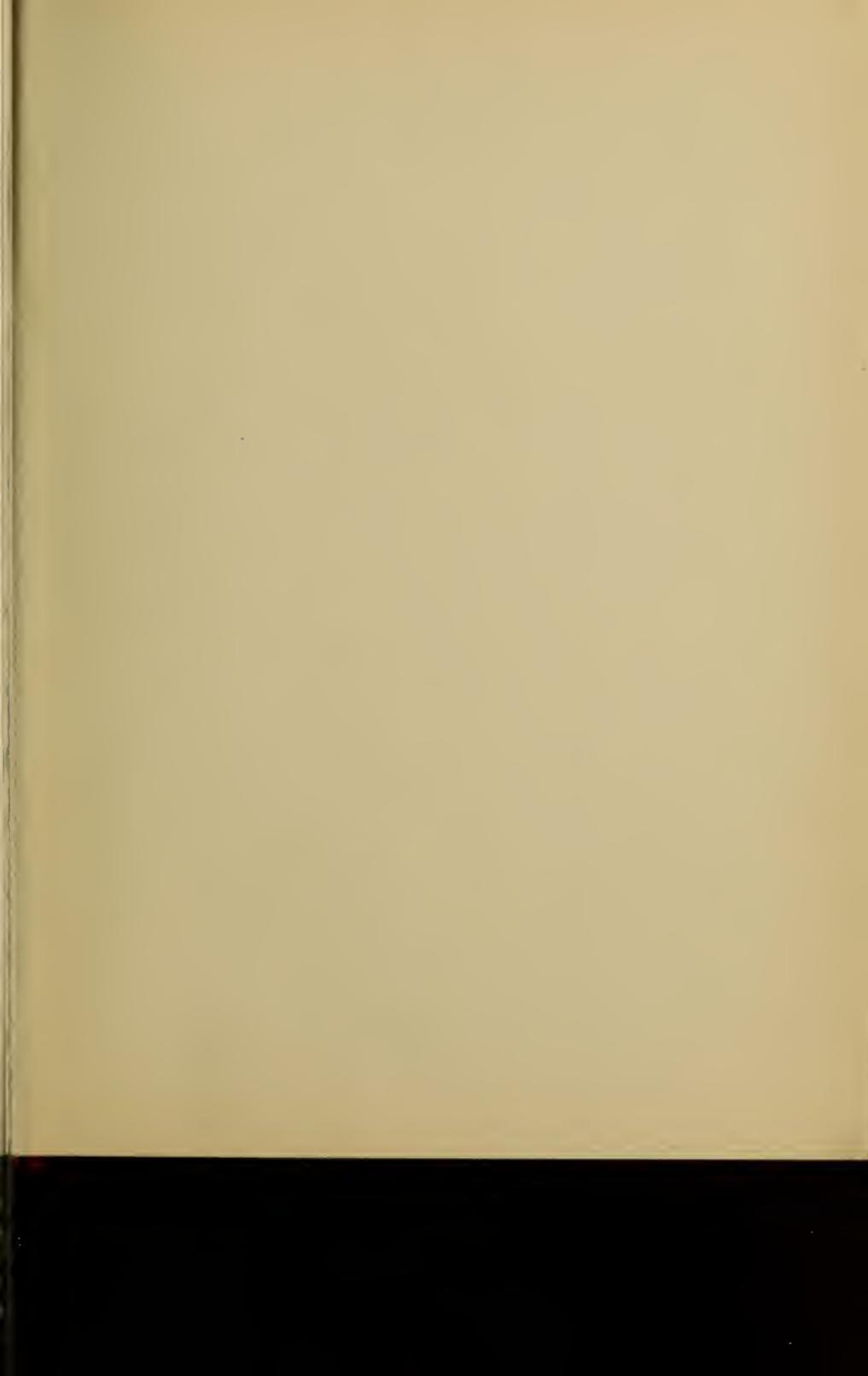
	Iron	Sodium	Magnesium	Calcium	Potassium	Phosphorus	Sulphur	Silicon	Chlorine
Cocoanuts	-.02	.17	.18	.09	.86	.33	.10	.01	.26
Almonds	.03	.01	.48	.23	.77	1.19	.01	.008	.006
Walnuts	-.005	.05	.27	.18	.63	.89	.001	---	---
Chestnuts	-.005	.21	.22	.12	1.72	.55	.11	.05	.02

SIMPLE CLASSIFICATION OF FOODS BASED ON PRINCIPAL SUBSTANCES

<i>Carbohydrates</i>		<i>Fats</i>	<i>Proteids</i>	<i>Vegetables rich in Mineral Salts</i>
Chocolate	Honey	<b>Vegetables</b>	Butter	Asparagus
<b>Fruits</b>	Nuts	Asparagus	Cheese	Cabbage
Dates	Chestnuts	Bananas	Eggs	Beet-tops
Figs	Peanuts	Beets	Fish	Carrots
Grapes	Pignolia	Cabbage	Legumes	Carrots
Persimmons	pine nuts	Carrots	Beans, dried	Celery
Raisins	Syrups	Almonds	Lentils, dried	Dandelion
<b>Grains</b>	Sugar	Brazil nuts	Pearls, dried	Green peas
Barley	Tapioca	Cocoanuts	Milk	Lettuce
Corn		Hickory-nuts	Nuts	Onions
Oats		Parsnips	Peanuts	Radish tops
Rice		Potatoes—sweet	Pecans	Romaine
Rye		Potatoes—white	Pignolia or pine nuts	Spinach
Wheat		Pumpkin	Poultry	String beans
		Spinach	Walnuts	Turnip tops
		Squash	Oils	Watercress
		Turnips	Cottonseed	Wheat bran
			Nut-oil	Tomatoes
			Olive-oil	Swiss Chard
				Endive
				Wheat Bran

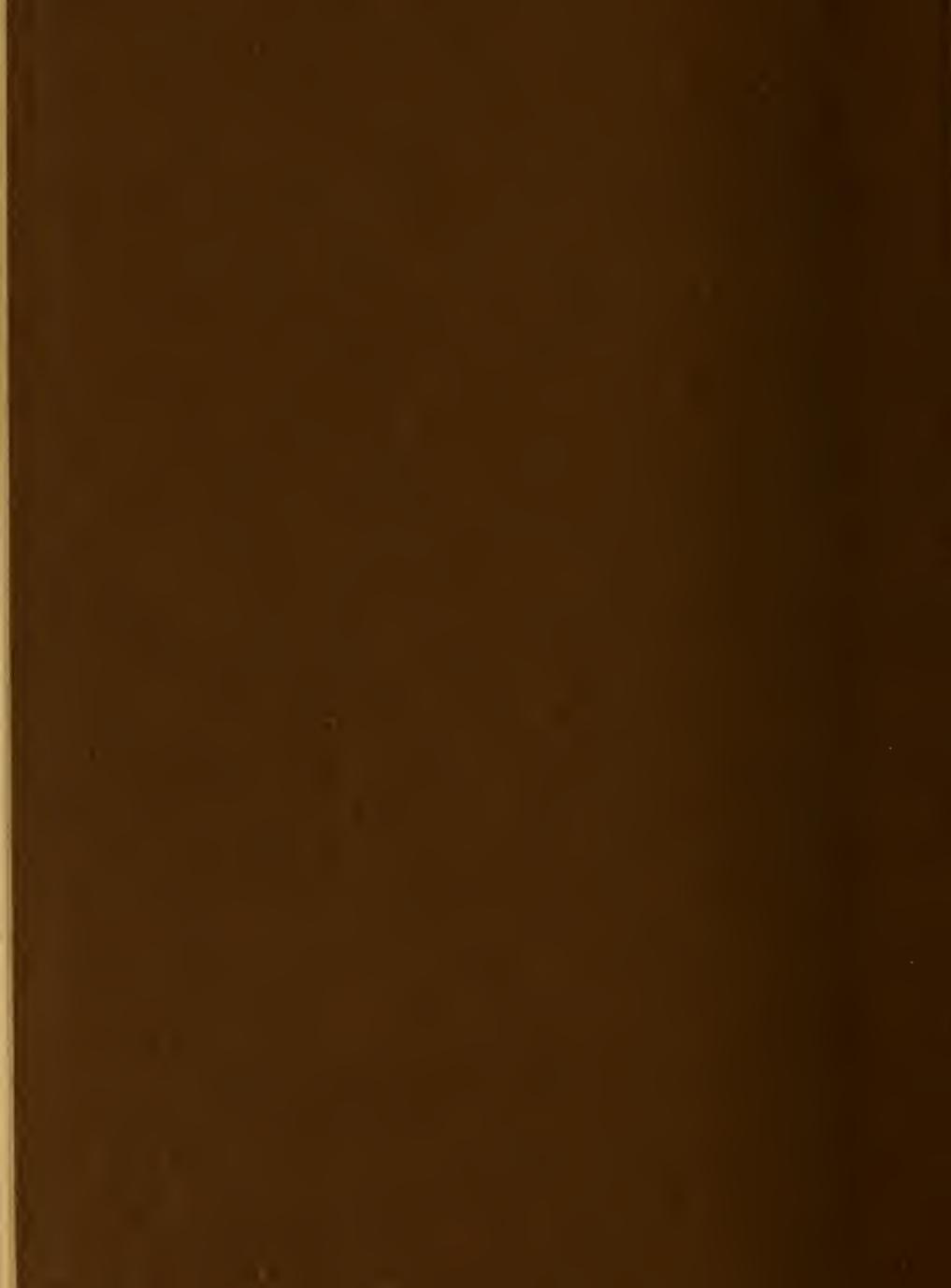
All Vegetables are rich in Mineral Salts.













LIBRARY OF CONGRESS



00026167395

